NOT AN ELITE ATHLETE? YOU SHOULD STILL EAT LIKE ONE {page 14}

JAZZY WHO IS THIS BEST NEW ARTIST? {page 12}

OPTICALNOW.CA
CANADA'S REPLACEMENT CONTACT LENS COMPANY
• GENUINE BRAND-NAME LENSES
• FREE SHIPPING

VANCOUVER metro®
Tuesday, February 15, 2011
www.metronews.ca
News worth sharing.

Partner charged in woman's death

Cause of fatality not revealed RCMP believe the victim was killed in Surrey and then dumped in North Vancouver

STEPHANIE ORFORD/FOR METRO

▶ Cpl. Dale Carr at North Vancouver RCMP headquarters yesterday.

STEPHANIE ORFORD
VANCOUVER@METRONEWS.CA

A Surrey resident has been charged with manslaughter in the death of his common-law partner, RCMP Cpl. Dale Carr confirmed yesterday.

Forty-year-old Jennifer Ferguson's body was found wrapped in plastic in a North Vancouver park on Feb. 2.

Police arrested Harvey Frank Bracken, 48, on Thursday. He spent the weekend in custody and made his first court appearance in North Vancouver yesterday.

Carr requested the public's help in finding information on Bracken's whereabouts between Jan. 22 and Feb. 2.

Local

Whitecaps packing muscle

MLS commissioner touts team's impressive financial pull TSN secures national broadcast rights {page 4}

Gaga smokes the ganja

Lady Gaga can't tell a lie: She says she gets high when she writes her music {page 13}

Canucks come up short

Man advantage powers St. Louis past Vancouver {page 20}

Another rack of phobias

What do cheese and knees have in common? {page 10}

Get your savings and investing going in the right direction.
Secure your retirement with BMO SmartSteps® for Investing.
Call 1-877-CALL BMO or visit bmo.com/smartinvesting
BMO Bank of Montreal
Making money make sense®
®Registered trade-marks of Bank of Montreal.

Time For New Furniture

for less than you think!

Condo Size Sectional

Left or Right Hand Facing
incl. ottoman and 2 cushions.
Avail. in Gray or Brown
colour fabric.

Möbler
Sugg. $1298
$899

Queen bed

w/4 storage drawers in
Leather/Wenge finish.
Also avail. in Double Size.

**Mattress not incl.*

Queen
Sugg. $798
$598*
Double – Sugg. $698
$498*

Round glass dining table

w/Lazy Susan, 54" dia.

**Chairs extra.*

Möbler
Sugg. $698
$399*

Möbler
MOBLER FURNITURE

3351 Sweden Way, Richmond *(Next to Ikea)* ☎ **604.270.3535**

Mon-Fri 10-9 Sat-Sun 10-6

www.moblerfurniture.com

NATALIE KAUR JOHAL/FOR METRO

▶ Marchers make their way through the Downtown Eastside to place flowers and perform spiritual healing ceremonies for women lost to violence.

March a valentine for missing women

Friends and family of Downtown Eastside missing and murdered women led community's 20th annual Valentine's Day Women's Memorial March ◐ Memorials held in 10 other cities

NATALIE KAUR JOHAL
VANCOUVER@METRONEWS.CA

Hundreds of marchers placed flowers and said prayers at numerous Downtown Eastside sites yesterday where, over the years, women have been killed, found, or seen for the last time.

The Valentine's Day Women's Memorial March began as a quiet tribute to a Coast Salish woman found murdered on Powell Street. Now in its 20th year, what started as a movement of just 30 women draws thousands of supporters annually.

"We are here in sorrow and in anger because the violence continues each and every day and the list of missing and murdered women gets longer every year," said organizer Marlene George.

Many women are murdered or go missing in Canada each year, with a disproportionate number of those coming from aboriginal backgrounds.

As such, the First Nations community has been a continuous driving force in the movement, calling for an end to violence against women.

Yesterday's supporters were led with soft drumming and resolute hymns in honour of the missing and deceased.

"No more darkness, only light. No more darkness, only light," one marcher chanted.

The Memorial March Committee continues to seek inclusion within the provincial government's murdered and missing women inquiry headed by commissioner Wally Oppal.

"They didn't deserve what happened to them. They do deserve to be remembered. No matter where they were from or how they earned money, they were women. Just like me."
ELENA THOMS, MARCH SUPPORTER

1 news

New research reassures parents their scatterbrained teens are just fine. Scan code for story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Hundreds of unwanted chihuahuas and terriers from California arrive to find homes in Canada. Video at metronews.ca

TURN DOWN YOUR THERMOSTAT AND PUT ON A SWEATER
IN SUPPORT OF NATIONAL SWEATER DAY
FEBRUARY 17, 2011

Log in to your Team Power Smart Members' Tool Box for an exclusive 20% off sweaters at Sears!*

If you're not yet a Team Power Smart member, sign up now at **bchydro.com**

*Some exclusions apply.

Sears
BC hydro powersmart

A11-041

Caps brass impresses

Whitecaps have league's largest sponsorship base Owners 'most engaged' in MLS: Commissioner

MATT KIELTYKA
@METRONEWS.CA

The Vancouver Whitecaps are a force to be reckoned with.

Major League Soccer commissioner Don Garber, in Vancouver yesterday, said the team's owners have become influential power brokers in virtually no time.

Co-owner Jeff Mallett sits on the MLS board, and partner Greg Kerfoot has a prominent role within the competition committee.

But the real power appears to be in the Whitecaps' financial pull.

Garber said the newest MLS team has the largest sponsorship base in the entire league.

Leading the way is the club's deal with Bell.

"The Bell deal could be one of the bigger commercial deals one of our teams has ever done," Garber said. "It is one of the larger non-media standalone sports sponsorships in America."

Bell owns CTVglobemedia, which has secured the MLS national broadcast rights for TSN and the Whitecaps radio rights for Team 1410.

It also has digital, streaming and mobile rights for the Vancouver Whitecaps and is in negotiations to obtain those rights for the entire league.

It all means the Whitecaps are in the MLS to play hardball — a term Mallett, who owns the San Francisco Giants, knows well.

"We wouldn't have invested in the league if we didn't have a seat at the table," Mallett, a North Vancouver native, said. "We are extremely active on the board level."

MATT KIELTYKA/METRO

▶ Whitecaps co-owner Jeff Mallett addresses the Vancouver Board of Trade yesterday, outlining his goal to make the club one of the biggest sports franchises in North America.

on the hou$e

Try H&R Block At Home online tax preparation for free!

H&R Block At Home™ online edition helps you file your taxes–completely pain free. We do all the hard work for you, and it's 100% accurate. Guaranteed.*

H&R Block At Home™ was developed and is supported by the most recognized Canadian brand in tax preparation: H&R Block. Our online edition is easy to use. We'll guide you step-by-step to make sure you get the maximum refund possible.

This year try H&R Block At Home™ for free. Find out why so many Canadians have switched from other tax software products. Go to hrblock.ca/metro and get started today!

maximum refund
free to try

we make taxes easy

H&R BLOCK

800–HRBLOCK | hrblock.ca

*If you pay a penalty or interest because of our software arithmetic error, we will refund that penalty and interest. The accuracy guarantee does not include calculation errors due to CRA tables.

Witnesses credited for arrest of alleged gunman

BEN NELMS/THE CANADIAN PRESS

▶ A Vancouver police officer photographs shell casings outside Barcelona nightclub on Sunday.

Two witnesses are being applauded for bravery after they helped police chase down an armed man who had allegedly shot a bouncer twice in the leg only minutes earlier at a Granville Street nightclub early Sunday morning.

The man was arrested several blocks away from the shooting and was charged criminally yesterday.

The incident began around 12:30 a.m. Sunday, when a man got into an argument with the doorman at Barcelona nightclub on the 1100 block of Granville Street.

According to Vancouver police, the man left but returned shortly afterward and allegedly fired several shots at the bouncer outside the club. The 39-year old doorman was hit twice in the leg.

A witness and a doorman from a nearby club ran after the suspect, as did two police officers who were in the club on a walk-through.

At one point during his attempted escape, the armed man is accused of turning around and pointing the gun at his pursuers, but the gun didn't fire.

Hassan Omar Hassan, 32, of Calgary has been charged with five counts, including attempted murder. JEFF HODSON

Judge decides not to convict killer

A B.C. man who shot his wife and then set her body on fire because he believed she was possessed by the devil has been found not criminally responsible.

The judgment notes the man, identified only as J.R.V., told police he was motivated by his religion and later told a court psychiatrist he believed the Antichrist was growing inside his wife's stomach.

Judge Brian Joyce says it's clear J.R.V. was experiencing some type of dissociative phenomena at the time of the killing, and his mental state prevented him from understanding that his actions were wrong.

THE CANADIAN PRESS

GIVE YOUR DATA PLAN A BREAK AND USE HOME WI-FI

Connect your smartphone on your home Wi-Fi with Optik Internet.™

Your home Wi-Fi lets you seamlessly and securely access the Internet anywhere in your home, and not just from your laptop. By connecting your smartphone to it, you can easily download huge files, saving your mobile data plan.

Get a FREE smartphone when you sign up.*

Call 310-4NET (4638). Go to telus.com/internet.
Or visit an authorized dealer.

TELUS
the future is friendly®

TELUS AUTHORIZED DEALERS

Vancouver
551 Robson St.
Bentall Tower Three
Oakridge Centre
Pacific Centre
2163 West 4th Ave.
2338 Cambie St.
925 West Georgia St.
689 Thurlow St.
1855 Burrard St.
3121 West Broadway
2748 Rupert St.
950 West Broadway
1707 Robson St.
1092 Kingsway
3490 Kingsway

Abbotsford
Sevenoaks Shopping Centre
32915 South Fraser Way
2142 Clearbrook Rd.
2602 Mt. Lehman Rd.
32465 South Fraser Way
2140 Sumas Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
4501 North Rd.

Chilliwack
Cottonwood Mall
45300 Luckakuck Way
45905 Yale Rd.
7544 Vedder Rd.

Cloverdale
17725 64th Ave.

Coquitlam
Coquitlam Centre
3278 Westwood St.
3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
32670 Lougheed Hwy.
32555 London Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
1199 Lynn Valley Rd.
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Richmond
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre

Surrey
Central City Shopping Centre
Grandview Corners
Guildford Town Centre
13734 104th Ave.
12477 88th Ave.
7380 King George Hwy.
15940 Fraser Hwy.

West Vancouver
Park Royal Shopping Centre North/South

White Rock
Semiahmoo Shopping Centre
3189 King George Hwy.

*Offer available while quantities last until May 24, 2011, to new TELUS Internet clients who sign up on a 2 year term and who activate TELUS Mobility services on a service term. TELUS reserves the right to modify eligible rate plans at any time without advance notice. The promotional discount for the service term plus the American Express®-branded TELUS Mobility reward card worth $200 may not cover the full purchase price on some premium phones. The card may only be used to purchase TELUS Mobility handsets and accessories from participating TELUS dealers within one year of issue. American Express® terms and conditions apply. A cancellation fee of $8 per month for the remainder of the 2 year term applies to early cancellation of the Internet service agreement. © 2011 TELUS.

Prank caller leaves trail of destruction

Prankster could face charges of mischief and up to 10 years in prison for rash of practical jokes

NATALIE KAUR JOHAL
VANCOUVER@METRONEWS.CA

STEPHANIE ORFORD/METRO

▶ Cpl. Peter DeVries

North Vancouver RCMP are warning businesses about a prank caller who has been targeting hotels and restaurants over the past three days, at times posing as a fire marshal.

On Sunday night, the prankster called 10 North Shore restaurants, convincing half of them to set off their sprinkler systems.

"As the cost of the damages and number of incidents mount, so do the potential consequences — not only for businesses but also for the person responsible," said Cpl. Peter DeVries, a spokesman for North Vancouver RCMP.

The caller also hit various North Shore chain restaurants overnight Saturday, convincing staff at McDonald's, A&W and Subway to activate their kitchens' fire suppressant systems.

"With fire department responding to what amounts as false alarms, we also now have a risk to the public," said DeVries.

Earlier on Saturday, he called a North Vancouver hotel pretending to be a sprinkler maintenance worker.

He successfully convinced a guest to activate a hotel room sprinkler, causing thousands of dollars of water damage, and later managed to trick a second guest into doing the same thing.

Split. Precision

▶ Olga Pikhienko performs a hand-balancing act from the Cirque du Soleil show Quidam.

STEPHANIE ORFORD/FOR METRO

Cirque show hands down winner

Fifty-two acrobats, musicians, singers, and other performers from around the world will congregate in Vancouver as the Cirque du Soleil show Quidam plays eight shows from March 9 to 13 at Rogers Arena. Quidam's unique aerial rigging system creates "this whole aerial world above you," said Reggie Lyons, the PR manager for Cirque du Soleil.

Seeing red a singular pursuit

Valentine's Day may be over, but Blenz is playing matchmaker. Visitors in February are invited to choose a red coffee-sleeve to let other single customers know they are available. For more info visit BlenzRedBand.com. METRO

FUTURE BUSINESS LEADERS WANTED.

CMAs are leaders in strategic financial management. As a CMA, your future is unlimited. You will have increased earning potential, career advancement and stability.

Find out more about the CMA designation and the CMA QuickStart and CMA Accelerated Program at:

CMA INFORMATION SESSIONS

February 16, 2011, 5:30 - 6:30 pm
BCIT, Burnaby Campus, Building SE2, Room 213
3700 Willingdon Ave., Burnaby

February 17, 2011, 5:00 – 6:00 pm
Shangri-La Hotel, Blue Moon Theatre
1128 West Georgia St., Vancouver

RSVP to Nicole Wears at nwears@cmabc.com, 604.484.7005, or visit cmabc.com.

CMA Certified Management Accountants™

®/™ Registered Trade-Marks/Trade-Marks are owned by The Society of Management Accountants of Canada. Used under license.

Throne speech high in praise, low in promise

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Lt-Gov. Steven Point inspects the guard prior to his Speech from the Throne in Victoria yesterday.

The province's 2011 throne speech yesterday read more like a list of accomplishments past than a political agenda for the future, with praise in particular for the 2010 Winter Games and the province's Olympic legacy.

This year's speech comes at a time of political upheaval in the province, with both the premier and leader of the Opposition unexpectedly on their way out of politics.

The Liberals will elect a new party leader to succeed Gordon Campbell on Feb. 26 and the New Democrats elect a new leader to replace Carole James on April 17.

"British Columbia reached new heights with the success of the Olympic and Paralympic Winter Games," said Lt.-Gov. Steven Point.

"A new decade of international opportunity and economic and social development lies before us all."

Five pages of the short, 13-page speech are dedicated to the 2010 Winter Olympics in Vancouver and Whistler.

Point said the B.C. government will honour each of the province's medal winners in the coming days. The speech also acknowledges the death of Georgian luger Nodar Kumaritashivili, who died at the opening of the Games in a crash at the Whistler sliding track.

THE CANADIAN PRESS

THE CIBC switch

Limited Time Offers

There's more than one way to earn bonus interest.

Choose from 3 CIBC Savings Accounts

EARN 2% INTEREST ON NEW BALANCES*

- **CIBC TFSA Tax Advantage Savings Account™**
  Save for both short and long-term goals with tax-free interest.
- **CIBC RRSP Daily Interest Savings Account**
  Build your retirement savings in a flexible, secure account.
- **CIBC eAdvantage™ Savings Account**
  Save for all your other savings goals and enjoy the convenience of managing your savings online.

Act now – limited time offers.

Get the CIBC Financial HealthCheck™

CIBC has many ways to help you meet your savings and other goals. Using the CIBC Financial HealthCheck™, you and a CIBC advisor will discuss where you are financially, where you want to be, and how to get there. It's your first step towards feeling good financially™.

Speak to an advisor today, visit any branch, go to cibc.com/switchsavingmadeeasier or call 1 800 465-CIBC (2422).

CIBC

For what matters.

*This is a combined bonus and regular annual rate paid on New Balances for the CIBC TFSA Tax Advantage Savings Account ("TFSA") and CIBC RRSP Daily Interest Savings Account ("RRSP"), and on the CIBC eAdvantage Savings Account ("eSA") when the account balance on the eSA is $5,000 or more. The bonus and/or regular rates may change at any time without prior notice. Ask a CIBC advisor for current rates. How it works: The regular rate is paid on the full daily closing balance (when the eSA balance is $5,000 or more). In addition, on days when the closing balance exceeds the closing balance on Nov. 30/10 (TFSA), Dec. 31/10 (RRSP) or Jan. 31/11 (eSA) (the difference between the two balances is a "New Balance"), the New Balance earns a bonus rate for that day. Bonus rate offer expires Apr. 30/11 for TFSA and RRSP, Jun. 30/11 for eSA. Interest is paid monthly. Other conditions apply, so ask in branch or see cibc.com for full terms and conditions. ™Trademark of CIBC. "CIBC For what matters." is a trademark of CIBC.

EGYPT

Ouster sparks strikes

Egypt's military rulers called for an end to strikes and protests yesterday as thousands of state employees, from ambulance drivers to police and transport workers, demonstrated to demand better pay in a growing wave of labour unrest unleashed by the uprising that ousted Hosni Mubarak's regime.

The statement by the ruling military council that took power from Mubarak appeared to be a final warning to protest organizers in labour and professional unions before the army intervenes and imposes an outright ban on gatherings, strikes and sit-ins.

"It's hard for us to go back to work because people hate us," said one protester, a captain who was among the demonstrators.

THE ASSOCIATED PRESS

Iran police crack down on rallies

Clashes between Iranian police and tens of thousands of protesters wracked central Tehran yesterday as security forces beat and fired tear gas at opposition supporters hoping to evoke Egypt's recent popular uprising.

The rally is the first major show of strength for Iran's cowed opposition in more than a year.

Police used tear gas against the protesters in two squares in Tehran, as well as in other nearby main streets.

Demonstrators set garbage bins on fire to protect themselves from the stinging white clouds.

"An Iranian dies but doesn't accept humiliation," demonstrators chanted.

THE ASSOCIATED PRESS

New food, drink labels to show allergens

Exemption for beer came after hard lobbying from brewers, who argued celiac sufferers already know beer is made from grain

FRED CHARTRAND/THE CANADIAN PRESS

Health Minister Leona Aglukkaq holds a news conference in Ottawa.

New labelling rules will give consumers more detailed information about the presence of allergens, gluten and sulphites in food and drink, Health Canada said yesterday.

The department said the new labels will require manufacturers to clearly list the presence of such substances.

The rules will require a listing of allergens in smaller components of the product, as well.

For example, if a product includes spices, the label must declare if the spices contain allergens or gluten.

"These changes to food labels will make it easier for parents of children with food allergies to identify potentially harmful, if not fatal, ingredients in foods," Health Minister Leona Aglukkaq said in a statement.

Milk, egg or fish products used to purify wines or spirits must also be listed on the label.

Beer, ale, stout, porter and malt liquor are exempt.

The new requirements will be phased in over 18 months to give manufacturers time to comply.

THE CANADIAN PRESS

By the numbers

- Health Canada estimates that five to six per cent of young children and three to four per cent of adults suffer from food allergies.
- Nearly one per cent of the population is affected by celiac disease. These people can suffer long-term complications from eating foods which contain gluten.
- Anaphylaxis Canada, an advocacy group for people with severe allergies, welcomed the new rules, but expressed disappointment with the exemption for beer.

Join a community that's already 3.4 million customers strong.

Stay connected to the world and your friends and see why so many others have become a part of the Shaw community by signing up for one or both of these great services.

Call 310.SHAW or visit SHAW.CA.

Extreme Internet
- Blazing fast download speeds of up to 15Mbps let you easily stream music and videos, download games, and enjoy live, smooth video chat.
- From the leading supplier of Internet in Western Canada.

FROM $29.95* PER MONTH FOR SIX MONTHS

Home Phone
- Includes Voicemail and Call Waiting.
- Call Display and free long distance to over 1 million other Shaw Phone customers with Shaw to Shaw Calling.

FROM $19.95* PER MONTH FOR SIX MONTHS HOME PHONE BASIC

Together is Amazing.

SHAW

*Offer valid for new customers or existing customers without that service. Terms and conditions apply, see SHAW.CA for details.

Make sure your money lives as long as you do.

Secure your retirement with BMO SmartSteps® for Investing.

To ensure you get the retirement you want, BMO® offers a variety of products designed to help you stay on track, based on your individual needs. These include our exclusive BMO Lifetime Cash Flow, which provides you with guaranteed monthly payouts for the rest of your life. For more ways to make sense of saving and investing follow BMO SmartSteps for Investing.

Call **1-800-665-7700** or visit **bmo.com/smartinvesting**

BMO® Bank of Montreal

Making money make sense®

This summary is issued for information purposes only to provide an overview of the BMO Lifetime Deposits and does not constitute investment advice or an offer to sell or a solicitation to purchase. BMO Lifetime Deposits provide the holder with steady payments and the possibility of an additional return when they mature. The Deposits are not insured by the Canada Deposit Insurance Corporation or any other entity. An investment in BMO Lifetime Deposits is subject to certain risks, which investors should consider before investing in BMO Lifetime Deposits. Investors should read the related Master Information Statement and Series Supplement carefully before investing and discuss their suitability with their branch investment professional. ®Registered trade-marks of Bank of Montreal.

WHAT GIVES YOU THE HEEBIE-JEEBIES?

She says ...

JESSICA NAPIER

Last week I read a story about a 34-year-old British woman who is extremely afraid of metal cutlery. She's been using plastic utensils for 17 years because the sound of a fork scraping against a plate gives her a panic attack.

Bizarre right? But she's not alone. While popular phobias like snakes and spiders might get all of the attention, there are a wide variety of not-so-obvious horrors that give people the heebie-jeebies.

Uncommon fears range from the weird (genuphobia: Fear of knees) to the discriminatory (peladophobia: Fear of bald people) to the incredibly ironic (hippopotomonstrosesquippedaliophobia: Fear of long words).

While these phobias might seem a bit silly, they can cause serious emotional distress.

My co-worker Magda, who is relatively sane for the most part, is terrified of pigeons. The phobia is taking over her life; she won't walk in certain parts of the city and runs shrieking from the subway when one of these "rats with wings" finds its way onto the platform.

"So where does an irrational fear of fromage come from?"

Another friend has a bizarre aversion to cheese. I wouldn't classify her as a full-blown turophobe, but I have seen her run away from a slice of cheddar.

So where does an irrational fear of fromage come from? Are phobias something we inherit in our genes or do we acquire these unusual anxieties over time?

Ever since I can remember I have been inexplicably frightened of elevators. There was no traumatic childhood experience and I am fine with confined spaces but something about them makes me nervous. And so, when my boyfriend and I found ourselves trapped in an elevator last year — because these sorts of things always happen eventually — I was anticipating the worst.

While he gave me a suggestive eyebrow raise and proposed we "take advantage of the situation" (wink, wink) I began shrieking uncontrollably; I was far from turned on by the whole facing my worst nightmare thing

However, after the hyperventilating subsided I realized that, yes, this was my greatest fear come true and yet — it wasn't all that bad. Unnerving and inconvenient maybe, but terrifying? Not so much.

Liberating yourself from a deep-seated phobia can be a long and difficult process, but sometimes it can be as simple as confronting it head on.

I'm over my issues with elevators, but now I have developed a new affliction. It seems that February has brought on a serious case of chionophobia — fear of snow.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Things you do for love

Worth mentioning

It was one long kiss — one world-breaking embrace for mankind.

One determined Thai couple locked lips for 46 hours 24 minutes nine seconds to celebrate Valentine's Day in Pattaya, Thailand, emerging victorious and exhausted after a landmark "kissathon" that organizers claim marked the longest recorded smooch in history.

The previous record of a little more than 32 hours was set in 2009 by a couple in Germany, according to Guinness World Records, whose officials will have to verify the latest milestone for it to become official.

Fourteen mostly Thai pairs entered the contest when it kicked off Sunday at 6 a.m. local time. By yesterday afternoon, half had already beaten the record and were still puckering up at a shopping mall in Pattaya. Passing tourists gawked and smiled at the spectacle, snapping pictures with glowing cellphones.

The winner was announced before dawn early today: A Thai couple from Bangkok named Ekkachai and Laksana Tiranarat.

The pair won a diamond ring worth 50,000 Thai Baht ($1,588), and a 100,000 Baht ($3,177) cash prize.

THE ASSOCIATED PRESS

Smooching spectacle

APICHART WEERAWONG/THE ASSOCIATED PRESS

What's your favourite winter recipe?

Email
vancouverletters@metronews.ca
Twitter
@vancouvermetro

Metro has the right to edit letters and submissions.

metro

METRO VANCOUVER • #250 - 1190 Homer Street • Vancouver, BC • V6B 2X6 • T: 604-602-1002 • Fax:604-648-3222 • Advertising number: 604-602-1002
metronews.ca/vancouver/advertise
metronews.ca/vancouver/contactus
Publisher Maryse Lalonde, **Managing Editor** Jeff Hodson, **Distribution Manager** George Acimovic
METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Asst. Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst. Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Business Ventures Director** Tracy Day, **National Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute with recital society

The Vancouver Recital Society presents a duo recital by violinist Daniel Hope and pianist Jeffrey Kahane.

Hope, named "the most exciting British string player since Jacqueline du Pre," by the London Observer, and Kahane — a celebrated music director of the Los Angeles Chamber and Colorado Symphony orchestras — will perform renowned masterpieces by Brahms, Oliver Messiaen, Erwin Schulhoff and Cesar Franck.

There will be a pre-concert talk at 7:15 p.m. followed by the main concert at 8 p.m. at the Chan Centre for the Performing Arts at UBC. Tickets are $64 to $80. Visit vanrecital.com for more information.

SUNHO CHOI

FACEBOOK.COM

▶ Daniel Hope, above, and Jeffrey Kahane will play a duo recital tonight at the Chan Centre for the Performing Arts.

No bale-outs on clothing prices

Get ready to pay at least 10 per cent more for clothes, analysts warn ◗ Rising cotton prices at root

The era of falling clothing prices is ending.

Clothing prices have dropped for a decade as tame inflation and cheap overseas labour helped hold down costs. During the recession retailers and clothing makers cut frills and experimented with fabric blends to keep prices low.

But as the world economy recovers and demand for goods rises, a surge in the costs of labour and raw materials is squeezing retailers and manufacturers. Cotton has more than doubled in price over the past year. The price of synthetic fabrics has also jumped roughly 50 per cent as demand has risen.

Clothing prices are expected to rise about 10 per cent over the next few months, with the biggest increases coming in the second half of the year, said Burt Flickinger III, president of Strategic Resource Group.

Market moment

PRICES AS OF 3 P.M. YESTERDAY

TSX	Dollar
+ 127.42 13,894.18	– 0.16¢ ($101.18 US)
Oil	**Natural gas** 1,000 cu ft $3.925 (+ 1.5¢ US)
+ 0.08¢ US ($85.66 US)	**Gold** contracts $1,365.60 (+ 0.08¢ US)

Higher costs also will affect how clothes are made. Clothing makers are blending more synthetic fabrics and designing jeans with fewer embellishments. Shoppers can expect fewer colour choices.

On the production side, many Chinese factories that temporarily shut down in the recession haven't returned to capacity and are grappling with labour shortages.

Until now, retailers have resisted passing along price increases to shoppers by shifting production to Vietnam and other lower-cost regions, turning to other materials and absorbing cost increases. But they're reaching the limit.

"Customers are going to be surprised," said David Bassuk, managing director of retail consultants AlixPartners. THE ASSOCIATED PRESS

Long Distance

Make Long Distance and OverSeas Calls From your
Home or Cell Phone
At our GUARANTEED LOWEST RATES!

New Low Rates!
Lowest Long Distance Rates Guaranteed!

Bangladesh	Iran	Romania	Ukraine
from 3.9 ¢/min	from 5.9 ¢/min	1.9 ¢/min	7.9 ¢/min

Australia 1.9 ¢/min	Israel 1.9 ¢/min	South Korea 2.9 ¢/min
Bosnia 13.9 ¢/min	Italy 1.9 ¢/min	Sri Lanka 9.9 ¢/min
China 1.9 ¢/min	Lebanon 7.9 ¢/min	Trinidad 4.9 ¢/min
Colombia from 3.9 ¢/min	Mexico from 1.9 ¢/min	U.A.E. 14.9 ¢/min
Cuba 89.9 ¢/min	Pakistan 5.9 ¢/min	U.K. 2.9 ¢/min
El Salvador 9.9 ¢/min	Philippines 11.9 ¢/min	Vietnam 4.9 ¢/min
Germany 1.9 ¢/min	Poland 1.9 ¢/min	
India 2.9 ¢/min	Russia from 1.9 ¢/min	Serbia 7.9 ¢/min

If the country you call is not on this list or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider... GUARANTEED!

UNLIMITED
$14.95 /month
Calling to Anywhere in CANADA & U.S.A.
From your home or even from your cell phone

UNLIMITED
$5 /month
Calling to Anywhere in CANADA
From your home or even from your cell phone

1-866-380-6055
comwave®
www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. All Unlimited Plans do not include calls to the Yukon, Nunavut N.W.T., Alaska and Hawaii. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.ca for details

read metro. read mor

2 scene

The woman who conquered Canada

Jazz singer Esperanza Spalding overcame Bieber fever and Drake, but who is she? The 26-year-old is already an instructor at a prestigious school and has sang for Obama

JAE C. HONG/THE ASSOCIATED PRESS

▶ Esperanza Spalding poses backstage with the award for best new artist. The little-known Spalding beat out Canadian hopefuls Drake and Justin Bieber.

Esperanza Spalding has performed for President Barack Obama, with jazz legends like Herbie Hancock — even before thousands of eager Prince fans.

But the acclaimed jazz singer and bassist was thrust onto the biggest stage of her life Sunday as she captured the best new artist trophy at the Grammy Awards, making history in the process. The 26-year-old Portland, Ore., native became the first jazz artist to win the award in a stunner that saw her defeat Mumford & Sons, Florence and the Machine, rapper Drake, and the heavy favourite, teen pop phenom Justin Bieber.

"I feel really lucky that I got to be acknowledged on this stage in front of so many people who hopefully will get to experience my music, and I got there by doing what's really dear to my heart," said Spalding backstage after her win.

You could say Spalding is the jazz world's Bieber: a young sensation who has been a top-seller in the genre, and with amazing hair, usually worn in a huge Afro. Her talents are deep: She's also a multi-instrumentalist, songwriter, producer and arranger; and was the youngest instructor at the renowned Berklee College of Music. Her latest album, Chamber Music Society, blended her classical background with her jazz material. She had hoped for a nomination in the jazz categories and was surprised to be nominated for best new artist instead. Things were still surreal for her after her big win: "It's already weird that I'm here, sitting in front of you," she told reporters backstage.

THE ASSOCIATED PRESS

New artist winners

There have been some other big upsets in the new artist category.

- **1977** – Starland Vocal Band beat out Boston
- **1979** – A Taste of Honey wins over Elvis Costello and The Cars
- **1990** – Milli Vanilli wins (award later revoked)
- **1992** – Marc Cohn wins over Seal
- **1997** – LeAnn Rimes beats out No Doubt and Jewel
- **1998** – Paula Cole wins over Puff Daddy

Scene in brief

Radiohead is releasing its eighth studio album, this time with a price. The band announced yesterday that its latest release, The King of Limbs, will be available as early as Saturday. . Fans can pre-order an MP3 download for $9 or a higher-quality WAV version for $14.

THE ASSOCIATED PRESS

Michael Jackson's dad visits Vietnam, invests in Happyland amusement park

Living the high life

Lady Gaga smokes 'a lot of pot' for musical inspiration

Lady Gaga gets a little help from marijuana when composing songs, she admits to 60 Minutes during an interview with Anderson Cooper.

"I still smoke a lot of pot when I write music," she says. "I'm not gonna, like, sugar coat it for 60 Minutes, that I'm some, like, sober human being, because I'm not."

But the Grammy-winning singer was quick to add: "I don't want to encourage kids to do drugs."

METRO

GETTY IMAGES

▶ Lady Gaga

Celebrity tweets

Justin Bieber [@justin bieber]

As for the awards...of course I wanted to win. Its been & still is a dream to win a grammy. Was I upset...yes. But I was happy for her also.

Lindsay Lohan [@lindsay lohan]

@LadyGaGa really is amazing!!!!!

Samantha Ronson [@samantha ronson]

I wish the itunes store was a vending machine.

Steve Martin [@Steve MartinToGo]

I've been deposed in Egypt after my one day reign when a policeman told me to "please move along."

METRO

DeGeneres' safe after intrusion

A woman was arrested late last week for trespassing on Ellen DeGeneres and Portia DeGeneres' Beverly Hills property, according to People magazine.

"The property is protected by a 24-hour security team that detected and detained the intruder until she was turned over to the custody of Beverly Hills police officers, who arrested her," the talk-show host's rep says in a statement.

METRO

GETTY IMAGES

▶ Ellen and Portia DeGeneres

Lohan's lawyer tries new tactic

Lindsay Lohan reportedly couldn't return the $2,500 necklace she's charged with stealing because of her hectic schedule, according to Hollyscoop.

"Ms. Lohan was in possession of the necklace and wanted to give the necklace back to the store the day after she took it from the store, but she was very busy," the actress' assistant says in a police report.

Meanwhile, Lohan's lawyer is trying a new tactic: arguing that the necklace in question isn't actually that valuable.

"We intend to challenge the prosecution's case because the truth is, Ms. Lohan didn't steal anything," Shawn Holley says.

"But even if she had, it seems to me that the appropriate charge, based on the fair market value of the goods, should have been petty theft and not grand theft. A $5 lump of coal with a $2,500 price tag is still a $5 lump of coal." METRO

GETTY IMAGES

▶ Lindsay Lohan

Talking points

Will names his best man

Prince William will have his brother by his side when he ties the knot, as Buckingham Palace has announced that Prince Harry will serve as best man for the upcoming royal wedding. Kate Middleton has tapped her sister, Pippa, as maid of honour.

METRO

Sheen on the wagon

Charlie Sheen's at home rehab treatment seems to be working, according to TMZ, as the troubled actor has reportedly passed two drug tests in the past two weeks. Sheen has even found the time to deliver an anti-drug speech to the UCLA baseball team, which gave him a standing ovation. His advice was simple: "Stay off the crack. Drink a chocolate milk."

METRO

A girl for Posh and Becks?

Despite reports that David and Victoria Beckham are expecting a daughter, the former Spice Girl insists she doesn't know her next child's gender, according to USA Today. "I can go on the record and say contrary to rumours, I do not know the sex of my baby," she says.

METRO

WE'RE CELEBRATING YOU! CUSTOMER APPRECIATION MONTH

Save up to 40% on laser hair removal or fotofacial RF™ treatment packages*

At Dermal Laser, there is nothing that makes us more proud than a happy customer. Whether you're a new or long-term customer, join us in celebrating the best part of our business – YOU! **Plus, with every visit, receive a bonus skin care gift bag.**

BONUS GIFT

Come in for a **complimentary consultation** at any of our four Lower Mainland locations. Call **604.638.SKIN (7546)** or visit **dermallaser.com**

Over 13 years experience | Medical-Grade FotoFacial RF™ | Medical-Grade Peels | Skin Tightening | Physician-directed BOTOX® and Dermal Fillers | Laser Hair Removal | Microdermabrasion

WINNER, EXCELLENCE IN LASER HAIR REMOVAL CATEGORY

CONSUMER CHOICE AWARD 2010 DENTISTRY & MEDICINE

Dermal LASER CENTRES

*Offer valid until Feb. 28, 2011. Offer details at dermallaser.com. Does not apply to physician services, physician-directed services or injectables. While quantities last. Not valid with any other offer. One offer per customer.

3 life

Sports nutrition to help the rest of us

You may not be an elite athlete, but that doesn't mean you should cut out the carbs An expert at the Canada Games tells Metro why

CELIA MILNE
LIFE@METRONEWS.CA

Don't skimp on carbs if you are active. That message comes from Tristaca Caldwell, an expert in sports nutrition who is on hand to counsel athletes at the Canada Games in Halifax, on now until Feb. 27.

Although few of us need as much fuel as elite athletes, we should be conscious of our what our bodies need based on activity level. A low-carb diet — avoiding bread, cereal, rice, pasta and potatoes — often strips weight off but may deprive muscles of fuel.

"If you are doing moderate to high intensity activities, your body relies mostly on carbohydrate and some fat to provide the energy it needs," says Caldwell, a dietitian and owner of Fuelling with Food nutrition counseling in Halifax. "Most of us have enough fat already stored, but we need to provide our bodies with carbs just before we exercise."

In the one to two hours before activity, aim for about 50 to 100 grams of carbs, she says.

Her examples include: a granola bar and a piece of fruit; whole grain toast with peanut butter and jam; a smoothie containing fruit, yogurt and milk; or a small bowl of cereal with milk.

After you exercise, you want to replace some of the carbs you burned and re-fuel for your workout the next day.

Having even five to 10 grams of protein following a workout is all most people need to make sure they maintain and build muscle mass. But in order to have this muscle-building effect, you need carbohydrate.

Examples: chocolate milk, fruit and yogurt, or whole grain crackers and cheese.

Hydrating

There's a lot of confusion about hydrating.

Water If you work out for less than an hour, all you need to drink during your activity is water. If you exercise for more than an hour, you can avoid "hitting the wall" by having 500 ml of a sports drink, water diluted with juice or a sports gel product, says Tristaca Caldwell, a dietitian and owner of Fuelling with Food nutrition counselling in Halifax. Not sure if you're getting enough liquid? Weigh yourself before and after a workout. "If you weigh more than two pounds less after a workout, you are not consuming enough liquid."

ANDREW VAUGHAN/THE ASSOCIATED PRESS

▶ Saskatchewan's Axel Morin races the men's 3000 metre speed skating event at the 2011 Canada Games in Halifax over the weekend.

Fitness future

Follow the progress of Metro writer Heather Buchan as she tests out the new Ubisoft game for Xbox Kinect — Your Shape Fitness Evolved — and compares it to the experiences of having a real life trainer. The fitness-simulation program displays your image on the screen, tracks your movements and offers various classes like yoga and cardio boxing complete with a virtual trainer. She'll do similar activities with her own personal trainer. Her first story appears on Metronews.ca today and will run twice a week, concluding with a wrap up story in the Feb. 28 edition of Metro.

METRO

Diet Pepsi launches 'skinny' can for fashion week; some critics give it a big no

Tim Burton lovers will enjoy this playful eatery

ERIN IRELAND

Hyde Philly Cheese Steak and Vegan Ginger Carrot Soup.

Hyde Restaurant livens up old spot with energy and local art

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

A darkly clad, eyeliner-wearing Johnny Depp could've been sitting in the shadowed corner and fit in perfectly. That's because Hyde Restaurant — formerly Zigz Bistro — has dark purple walls and ominous looking artwork that may trigger Tim Burton movie nostalgia.

Hyde Philly Cheese Steak — my recommendation from owner Crystal Lowe — and my Vegan Ginger Carrot Soup mirrored the eatery's wicked, split personality theme: one gooey and guilt-inducing, the other light and healthful.

The "evil" sandwich was served on an average white bun and loaded with tender strips of beef, grilled red onions, and peppers, then doused with a mild house made jalapeno cheddar sauce.

My "good" lunch item was a piping hot Vegan Ginger Carrot Soup, which was smoothly textured and naturally sweetened with peppers.

Visit Hyde hungover for Sunday brunch, wearing your party clothes from the night before, and get a caesar on them. No, really.

Hyde Restaurant
2960 Main St.
604-709-6215
hyderestaurant.com
Rating: 2.5 out of 5

ISTOCK

Ribs with Coffee Barbecue Sauce

Prep time: 20 mins
Marinating: 2 hrs
Cook time: 1 hr 30 mins

EMILY RICHARDS
FOOD@METRONEWS.CA

Ingredients:

- 2 cups (500 mL) brewed coffee
- 1 cup (250 mL) molasses
- ½ cup (125 mL) mango chutney
- ½ cup (125 mL) apple cider vinegar
- 1/2 cup (125 mL) ketchup
- 1 tbsp (15 mL) Worcestershire sauce
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) hot pepper sauce
- 4 racks (about 4 lbs/2 kg) pork baby back ribs

Preparation:

1. In a saucepan combine coffee, molasses, chutney, vinegar, ketchup, Worcestershire sauce, salt and hot sauce; bring to boil. Reduce heat and simmer about 15 minutes.
2. Cut ribs into 2-rib portions. Place in roasting pan. Pour sauce over ribs and let cool. Cover with foil and refrigerate for at least 2 hours.
3. Bake, covered in 325 F (160 C) oven for 1 hour. Uncover and turn ribs, bake for 30 minutes or until meat almost falls off the bone. Remove ribs to serving platter. Spoon off fat from barbecue sauce and pour into pitcher; serve with ribs.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

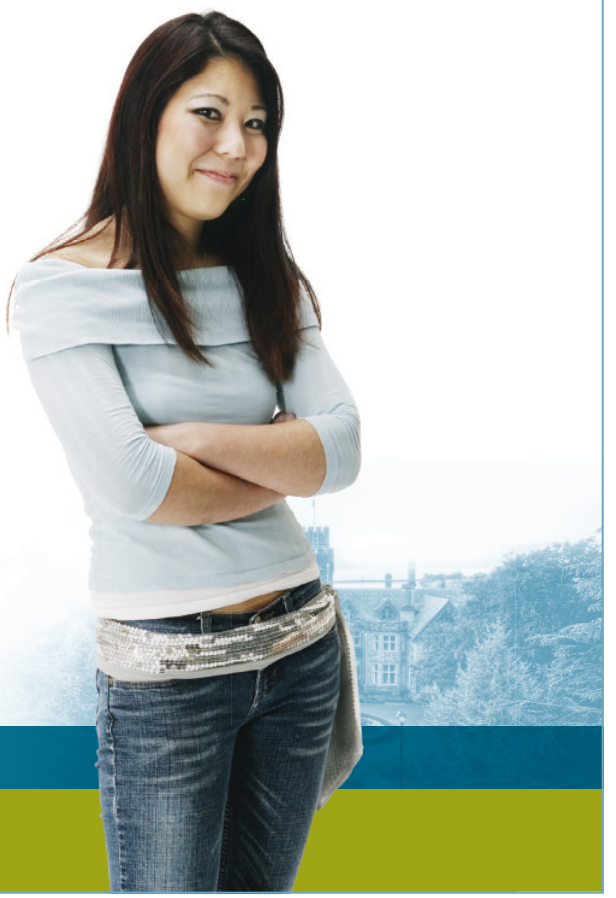
I WANT TO
MAKE A DIFFERENCE

Royal Roads University lets you complete a bachelor's degree in one year or two. Choose an accelerated one year on-campus program or a two year online program that builds skills and credentials to take your career to the next level.

Find a program that's right for you in commerce, professional communication, international hotel management, justice studies, environmental science, or environmental management.

Our flexible admissions acknowledges previous academic and work experience. For specific program admissions criteria, contact an enrolment advisor today at 1-877-778-6227, or learn.more@royalroads.ca.

Visit us at www.royalroads.ca/metro



UNDERGRADUATE PROGRAMS

VICTORIA BC CANADA | ROYAL ROADS UNIVERSITY

REVERSE EFFECT OF PLAYING CUPID

Names: Henry, 20, and Jennifer, 20

Current city: Mississauga and Toronto

Together since: 2005

Their story:

▶ Henry & Jennifer

It wasn't so much about how we met, but how we actually ended up together...

After I (Jennifer) met my very first high-school friend in a technology class, she and I immediately started scoping out the boys at school. And she quickly honed in on one guy in particular — Henry.

After that, my friend and I spent most of our lunch hours stalking him!

So, I secretly added Henry on MSN with the intention of telling him about my friend and then surprising her with my covert matchmaking.

But after Henry and I chatted and got to know one another, it was actually he and I who made a match.

We went on many secret lunch dates and love was definitely in the air. Lucky for me, my girlfriend moved on to the next hot guy at school, so she didn't mind that Henry and I were together!"

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

3

WHATEVER YOUR SITUATION, METRO'S GOT YOU COVERED

SHOPPING FOR MR. RIGHT

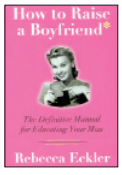
How to Choose the Right Guy and Get the Most Out of Him, $18.95

▶ Author J.M.Kearns acts as your coach as he takes you on the ultimate shopping trip in this book. Kearns explores a variety of questions for those on the trail of the "man-beast."

HOW TO RAISE A BOYFRIEND

The Definitive Manual for Educating Your Man, $22.95

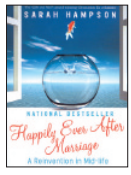
▶ Written by Canadian journalist and author Rebecca Eckler, this book equates men with children, in that they both need to be "raised." Light-hearted and funny, the book offers tips and tricks to creating an enlightened boyfriend.



HAPPILY EVER AFTER MARRIAGE

A Reinvention in Mid-Life, $21

▶ Sarah Hampson takes a different spin on the subject of relationships, delving into the world of the divorced. After 18 years of marriage and three children, Hampson became divorced from her husband.



ARE YOU SINGLE BY CHOICE?

Two Sisters

ANDREA & CLAIRE

RELATIONSHIPS @METRONEWS.CA

I'm in my 30s, in good shape, pretty, smart — my friends say I'm a good catch. So why is it that I'm single? The men I meet are either way too keen, which is kind of a turn-off, or total players, which should be a turn-off but isn't. Either way, I'm still alone. Please help!

Andrea: Dear 30s, you obviously don't need a paper bag over your head to get lucky, so the question is: Is it possible that you're choosing to be single?

If you're carrying emotional baggage, you need to unload. Otherwise, your date won't have a chance at making you feel adored and adorable.

You'll be too busy wondering what he's thinking, where it's going, and end up in a straight-jacket.

Time for self-empowerment: Imagine if you switched roles, and you swept him off his feet. What kind of guy would be worthy? How would you do it?

When you look at it from this angle, you become more confident about your wants and needs, and maybe even have the guts to go after it. If you're still in the slumps after all this, forget Mr. Right and go find a Mr. Right Now.

You're way too stressed out.

Claire: Dear you-remind-me, the good news is that you sound so awesome that I'd date you.

The bad news is that you don't sound sure about what kind of man you want, and your uncertainty radiates off you like Britney Spears' latest perfume.

So stop trying for a couple of weeks, and stop thinking about it. Then write down five things you don't want in a man, followed by five things you do want.

Keep it simple but clear.

And when you do get back out there, consider that you don't have to respond to every man who hits on you: Ignore the player, and give the keener a chance.

And as my wise sister says, feel free to go after the one you want, too (even if he hasn't yet gone after you). What do you have to lose?

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

River Rock Resort ITM 新絲路 model look NORTH AMERICA 2011
Presented by CHMB AM1320
GLAMOUR
River Rock Resort ITM•NSR Model Look North America
'11河石娛樂渡假酒店 新絲路北美模特大賽
World Top Model Search
Over $10,000 in prizes,
including an all-expense paid trip to China!
Apply online at www.itmmodel.com
Application deadline: March 31, 2011
AM1320 華僑之聲 CHMB
BC CANCER FOUNDATION partners in discovery
RiverRock CASINO RESORT
Ferrari Maserati OF VANCOUVER
HOT POT ONE
Citytv OMNI TELEVISION metro RichmondNews JNBY JACQUELINE CONOR The Art Institute of Vancouver townshoes
ITM 2010 Winner Alexia Fast

Red roses, red flags

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

It's the day after Valentine's, you've exchanged treats with your sweetie and all is well. Or is it?

Love should be all about romance and passion but the fact is money problems are a prime killer of relationships over time. If you aren't financially compatible with your partner the stress mounts up.

Most people wouldn't dream of choosing a mate based on their financial personality — unless, of course, you're looking for a sugar daddy or mommy. But how a person handles their money does reflect elsewhere in life.

As a public service to all the Valentines out there, here are nine, totally unromantic red flags to warn of a potentially disastrous relationship.

ISTOCK

▶ When it comes to your partner's financial history, love can certainly be a battlefield.

1. Lives at home but has no savings.
2. Has a modest or part time income (nothing wrong with that) but doesn't show any interest in working full time or bettering themselves.
3. Borrows money from you and has to be asked for it's return. (Make this a double red flag if he or she borrows money on a first date.)
4. Regularly borrows money from family members.
5. Uses a cheque cashing or pay day loan service.
6. Can't exactly explain what he or she does for a living — the last time I ran into this the charming fellow had a grow op in his basement, but said he was into import/export.
7. Has stacks of unopened bills.
8. Makes lots of cash withdrawals.
9. Shows a reluctance or impatience to talk about anything financial.

If some of these red flags pop up, move cautiously. People can get very defensive about money so talking might be difficult. But don't give up because if you can't discuss every aspect of money you'll have serious problems down the road.

One way to break the financial ice — or relationship — is to suggest trading credit reports. This is the litmus test. If your main squeeze is still taking your phone calls the next day, you may have found yourself a keeper.

Money matters

- 86 per cent of couples argue about money
- 48 per cent of couples don't share the same money management philosophy. **SOURCE: CREDIT EDUCATION WEEK CANADA**

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

MY DIGITAL DOUGH

Ever forgot to pay a bill? Are your bank statements buried under heaps of paper in your kitchen? It's hard to keep your financial life on track and set goals for the future without organization.

Many online banks have recently developed "money trackers" which help you categorize and analyze your budget, expenses, savings and net worth; automatically rolling the information into slick looking pie charts and spreadsheets. These user friendly platforms will also keep track of important dates like when your mortgage is up for renewal. My favourite part about them is they're free for online banking customers!

You might run into some snags if you've got money scattered across multiple banks. Try to consolidate accounts so you're dealing with one or two institutions.

Unless you've gone totally digital, you're receiving important documents by mail — insurance and bank statements, health records, bills, education records, certificates, receipts, etc. Don't chuck these in the trash. You might need them for taxes, audits, or proving to a future employer you've completed high school.

Separate the paper into file folders with categories like "utility bills" or "RRSP statements." Then, store them in a basic filing cabinet — nothing fancy — pick up a cabinet on e-bay or Craigslist for less than $50. Order files alphabetically or by date. Avoid files labeled "other" because they'll become a dumping ground where you to can't find anything.

A March break closer to home

NEWS CANADA

Staying close to home this March Break? You are not alone. With all that the Canadian winter has to offer, many families will stay at home instead of heading south. A recent TD First Class Travel Visa Infinite Card survey showed that half of Canadians say their next trip will either be in their own province or to another Canadian province (33 per cent and 18 per cent respectively).

"Even if you aren't travelling far from home, with the right travel reward credit card you will have the flexibility to redeem points to help cover the costs of your March Break activities," says Stacie Pearson, associate vice president of TD Credit Cards.

Pearson offers some examples of ways that travel reward points can save you money close to home.

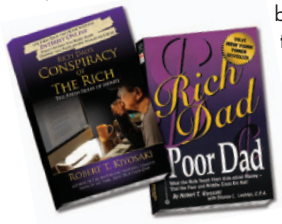
• Turn a day trip into a long weekend. Redeem points for a hotel room and treat your family to an extra special few days away. A hotel with a pool for the kids and room service for you can make a weekend away almost as good as a trip to the tropics.

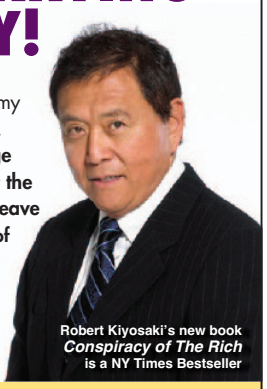
• Can't get away for a whole week? Neither can most Canadians. The TD poll showed that Canadians choose to take short trips over longer trips. While 62 per cent of Canadians took at least one weekend getaway trip of one to four nights and only 39 per cent took at least one week–long trip. Stretch your weekend travel budget by using rewards points for expenses like train tickets, car rentals or ski lift tickets.

NEWS CANADA

DISCOVER WHAT I KNOW AND STOP WORRYING ABOUT MONEY!

I believe what is happening to the global economy right now is NOT a "normal" cycle of recession, but **a radical change that could wipe out the Middle Class and leave us with a society of only rich and poor.**





Robert Kiyosaki's new book *Conspiracy of The Rich* is a NY Times Bestseller

DO YOU WANT TO BE RICHER OR POORER?
NOW YOU HAVE THE POWER TO CHOOSE

COMING TO VANCOUVER AND SURROUNDING AREAS
FEBRUARY 23RD-25TH

RICH DAD EDUCATION

DON'T WAIT – CALL NOW OR REGISTER ONLINE

1-800-314-9594
www.RichDadTakeCharge.com

BONUS FREE GIFT just for attending the workshop!
Plan For A Life of Financial Success! multi-media CD-ROM With exclusive audio excerpt from Robert's book, *Conspiracy of the Rich, The 8 New Rules of Money.*

Robert Kiyosaki will not attend this event.

SHARE THE WEALTH! BRING ALONG A FRIEND OR A FAMILY MEMBER!

© 2011 Rich Dad Education. All rights reserved. Results from programs are based on individual effort and other factors. Additional products and services will be offered for sale. The Rich Dad and Rich Dad Education word mark and logos are owned by the Rich Dad Operating Company, LLC and any use of such marks is under license. 10RDEC0045 2/11

▶ Take care of those savings, and watch them grow.

How safe is your nest egg?

Not all RRSP funds are protected by the federal government
Here's a look at what is covered and what is not covered

Each time you contribute to a Registered Retirement Savings Plan (RRSP) you're likely envisioning a secure and comfortable retirement. But just how secure is it? Knowing if these hard-earned, tax-sheltered savings are well protected will help you make important investment decisions and plan for a worry-free retirement.

The Canada Deposit Insurance Corporation (CDIC) is the federal government organization that exists to protect the savings of Canadians. CDIC insures eligible deposits held in an RRSP separately from other eligible deposits, up to a maximum of $100,000.

For example, suppose that you have a savings account at ABC Bank and you also have a savings account within an RRSP at the same bank.

If ABC Bank fails or goes bankrupt, both accounts will be protected separately, up to $100,000, for a total of up to $200,000 in deposit insurance protection.

Although bank failures in Canada are rare, they have happened in the past and could happen again. That is why it is important to know if your retirement savings are protected by CDIC.

In addition to savings accounts, other financial products within your RRSP may be automatically insured by CDIC deposit insurance. GICs or other term deposits with an original term maturity of five years or less will also be protected (provided they are held in Canadian currency at a CDIC member institution). It is important to remember though that regardless of how many accounts or financial products you have in an RRSP registered in your name and in the same financial institution, the total combined coverage is still $100,000.

Keep in mind that not every deposit within an RRSP is protected by CDIC deposit insurance. Investment products such as mutual funds, stocks, bonds, treasury bills, and term deposits that mature in more than five years are examples of investments within an RRSP that are not protected. The RRSP must also be held in a CDIC member institution, such as a bank, trust company or loan company for it to be eligible for deposit insurance coverage. For more information on what's protected, visit www.cdic.ca.

Make informed investment decisions when contributing to your RRSP. Whether you are new to the workforce or planning for retirement, you can take comfort in the fact that eligible deposits within your RRSP are protected by CDIC.

NEWS CANADA

Know what 's insured

The Canada Deposit Insurance Corporation (CDIC) is the federal government organization responsible for protecting the savings of Canadians in the event their financial institution fails or goes bankrupt. CDIC provides automatic protection on eligible deposits within your Registered Retirement Savings Plan (RRSP) up to $100,000.

100k
That's the limit of government coverage for your RRSP. However, the same limit also applies separately to your non-RRSP savings, for a total coverage of $200,000.

Read on for more information on what's covered and what's not.

What's covered?
Eligible savings within your RRSP held in Canadian currency at CDIC member institutions, such as banks, loan companies and trust companies, will be automatically insured up to $100,000.

CDIC insures eligible deposits held in an RRSP separately from other eligible deposits.

Eligible deposits include:
- Savings accounts
- GICs or other term deposits with an original term to maturity of 5 years or less
- Debentures issued by loan companies

What's not covered?
CDIC does not insure foreign currency deposits such as U.S. currency accounts.

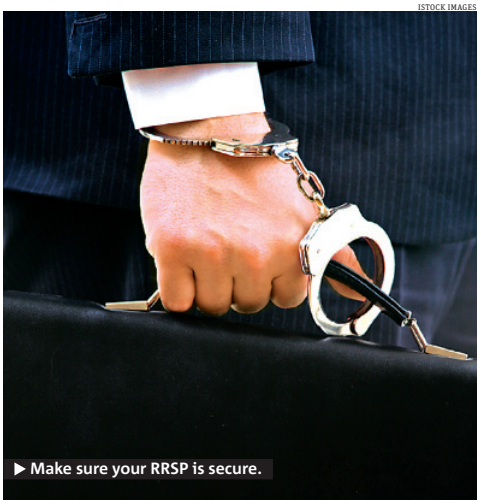
CDIC also does not protect against fraud, theft or scams.

Products that are not eligible for deposit insurance include:
- Mutual funds
- Stocks
- Bonds
- Treasury bills
- Term deposits that mature in more than five years

You can calculate your savings protection online at cdic.ca.

NEWS CANADA

ISTOCK IMAGES


▶ Make sure your RRSP is secure.

Get your savings seeing eye-to-eye with your future.

Secure your retirement with BMO SmartSteps® for Investing.
Call 1-877-CALL BMO or visit bmo.com/smartinvesting

BMO® Bank of Montreal
Making money make sense®

®Registered trade-marks of Bank of Montreal.

It's RRSP time: So stop making excuses

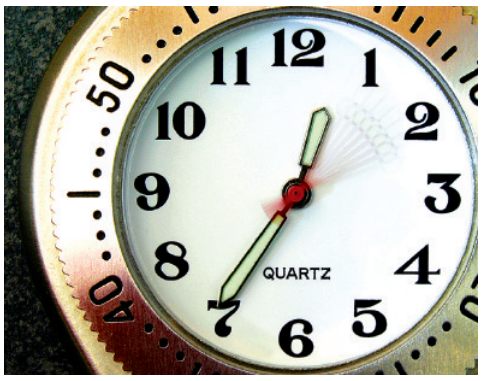
INVESTING

TALBOT BOGGS
THE CANADIAN PRESS

Excuses, excuses! People come up with all kinds of excuses for any number of reasons or occasions: the dog ate my assignment; the cheque's in the mail; I'll clean the driveway when it stops snowing.

The same principle applies to Canadians contributing to their Registered Retirement Savings Plans (RRSPs). Canadians now have about $500 billion in unused RRSP contribution room, and that number grows every year.

"Everybody procrastinates about something, like going to the doctor," says Sara Kinnear, Senior Tax and Estate Planning specialist with Investors Group in Winnipeg. "But when it comes to money and retirement planning, there are about seven top excuses that we see the most."



The first is that I'm young, I have lots of time to worry about my retirement and it's too far in the future to worry about now.

"The truth of the matter is that the sooner you start saving the longer your money has time to work for you," Kinnear says. "We try and encourage people to start saving as soon as they start working, but that's often hard to communicate to a young adult whose retirement is a long way off."

Financial advisers and experts recommend that people start an automatic or pre-authorized withdrawal plan from their pay cheques as soon as they can.

Another common excuse is that there are too many other financial priorities, such as saving to buy a house or car, a vacation or a child's education.

"There will always be competing interests for your money but you've got to make some decisions — like do I want those lattes now or a good retirement later," Kinnear says. "If you look at your budget you probably can find some wiggle room, things you can cut out like lattes or restaurant meals that can fritter away your money."

"I'll catch up later" is another common theme for not contributing to your RRSP. "This is the clarion call of all procrastinations, like waiting till the last minute and pulling an all-nighter to do your term paper," Kinnear says.

scratch &earn %
up to 3% more

2.05%*
16 month RRSP/RRIF/TFSA GIC

Make your investments work harder. Open or renew a RRSP, RRIF or TFSA GIC and you can Scratch & Earn® a bonus of up to 3%** on posted rates! Ask about mutual funds, TFSAs and other investment options.

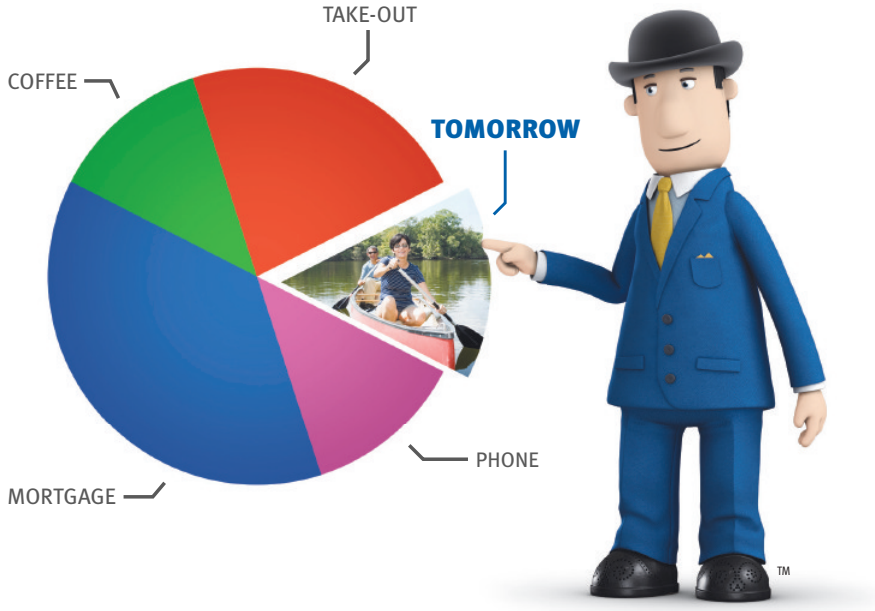
CANADIAN WESTERN BANK
The Working Bank®

Park Place 604.688.8711
Kitsilano 604.732.4262
West Broadway 604.730.8818

www.cwbank.com

*Rates subject to change without notice. Available in branch only. Interest compounded annually. See branch for full details.
**Scratch & Earn Bonus available on WestEarner® TFSA, RRSP and RRIF GICs only.
Mutual funds are available through our wholly owned subsidiary Canadian Western Financial Ltd.

RBC Royal Bank®



Fit your plans for tomorrow into your budget today with *my*FinanceTracker.

Whatever your retirement goals are, regular contributions to a savings plan are a great way to get there. ***my*FinanceTracker™** can help:

- automatically track your expenses
- create a budget in minutes
- identify areas where you can save

Invest for tomorrow.
Start saving today: rbc.com/mft

Advice you can bank on™

† Transaction fees for fund transfers and bill payments may apply when using Online Banking depending on your account package. ®Registered trademark of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. RBC Online Banking is offered by Royal Bank of Canada.

4 sports

Raonic rises with latest upset

Milos Raonic says his stunning accomplishments on the tennis court in the last two months have yet to sink in.

Following last month's surprising fourth-round showing at the Australian Open, the 20-year-old Raonic upset ninth-ranked Fernando Verdasco in Sunday's final at the SAP Open to become the first Canadian since Greg Rudsedski in 1995 to win an ATP Tour tournament.

That victory in San Jose, Calif., made him the youngest ATP winner since Marin Cilic took New Haven in 2008 as a 19-year-old.

It also saw Raonic, who grew up in Thornhill, Ont., jump 25 places to No. 59 in yesterday's ATP Tour rankings after starting the year at 156th.

"I haven't grasped what happened and how it changed everything," Raonic said on a conference call from Memphis, Tenn. "Right now is not the time to think about that."

It's been a wild year for the six-foot-five right-hander with the thundering serve, who several experts feel will almost certainly be a top-10 player one day.

At the Australian Open, he downed 10th-seeded Mikhail Youzhny and No. 22 Michael Llodra to reach the round of 16, where he fell to Spaniard David Ferrer. THE CANADIAN PRESS

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ Milos Raonic after his win over Fernando Verdasco in San Jose Sunday night.

Canucks preview

Canucks at Wild
5 p.m.
TV: SNET-VAN
Radio: AM 1040

It will be the second of back-to-back games for the NHL's top team. It comes in a building where Vancouver has had its struggles, having lost four straight games in Minnesota by a combined score of 21-6.

The Wild (30-20-5) are making a surprising playoff push in the Western Conference. The team has 11 wins since Jan. 2, tying them for most in the NHL with Philadelphia.
THE CANADIAN PRESS

Halak shuts door on Canucks in third

Luongo has 21-game regulation unbeaten streak snapped in St. Louis

3	2
BLUES	CANUCKS

Andy McDonald and Patrik Berglund scored power-play goals to lead the St. Louis Blues to a 3-2 win over the Vancouver Canucks yesterday.

Alex Steen also scored for St. Louis, which won for the third time in the last 10 games. Vancouver lost for the second time in nine games.

St. Louis had scored just once in 12 previous power plays, but went 2 for 5 against the Canucks. Vancouver had killed off 36 straight penalties before Andy McDonald connected at 5:10 of the first period for a 1-0 lead.

Berglund added a power-play goal late in the second period to make it 3-1.

Henrik Sedin and Jannik Hansen scored for Vancouver.

Steen put St. Louis in front for good midway through the second period. He capitalized on a bad clearing pass from Luongo to break a 1-1 tie. Luongo partially fanned on the puck and it slid right to Steen, who backhanded it into the open net.

Hansen scored with 18:13 left in the third period to trim the deficit to 3-2. But Blues goalie Jaroslav Halak stopped the final eight shots to improve to 19-17-6.

Alexandre Burrows assisted on Sedin's goal to extend his point streak to ten games.
THE ASSOCIATED PRESS

BILL BOYCE/THE ASSOCIATED PRESS

▶ Jaroslav Halak sets to block a shot by Daniel Sedin in the first period yesterday.

GET FIT! GO NORDIC!

XCOUNTRY SKIING *(19km of trail)*
SNOWSHOEING *(10km of trail)*
SNOW TUBING *(tube tow)*

With Canada's most popular Cross Country Skiing Area, a huge Snowtubing Park and our unique Snowshoeing Tours, Cypress Mountain's nordic area truly offers something for everyone! Check out a variety of lessons programs on the website and try something new!

cypress mountain.com

Bell Kokanee The Vancouver Sun Vancouver Island metro Coca-Cola

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	55	36	14	2	3	182	139	77	19-8-0-2	17-6-2-1	7-3-0-0	L1
d-Tampa Bay	56	34	17	3	2	172	172	73	19-6-1-1	15-11-2-1	8-2-0-0	W1
d-Boston	56	31	18	2	5	172	135	69	15-11-1-2	16-7-1-3	5-5-0-0	L2
Pittsburgh	58	35	19	2	2	173	141	74	20-10-1-0	15-9-1-2	6-4-0-0	L2
Montreal	57	31	20	4	2	151	143	68	19-7-3-2	12-13-1-0	5-3-0-2	W1
Washington	57	29	18	5	5	153	143	68	17-7-2-5	12-11-3-0	4-4-0-2	L3
NY Rangers	58	30	24	2	2	162	144	64	13-12-1-2	17-12-1-0	3-6-0-1	W1
Carolina	57	27	22	4	4	168	175	62	14-9-1-1	13-13-3-3	4-4-2-0	W1
Atlanta	58	25	23	4	6	167	188	60	13-12-1-4	12-11-3-2	2-5-1-2	L1
Buffalo	54	26	22	6	0	161	162	58	12-12-2-0	14-10-4-0	7-2-0-1	L1
Florida	55	24	24	3	4	146	148	55	12-9-3-3	12-15-0-1	3-4-1-2	W1
Toronto	56	23	27	3	3	144	174	52	13-11-3-2	10-16-0-1	4-5-1-0	L2
New Jersey	56	22	30	3	1	120	158	48	12-13-2-1	10-17-0-1	8-1-1-0	W4
NY Islanders	56	20	29	3	4	151	186	47	10-13-1-3	10-16-2-1	5-5-0-0	W3
Ottawa	56	18	30	5	3	126	186	44	9-15-2-2	9-15-3-1	1-7-1-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	57	36	12	4	5	192	136	81	20-4-1-4	16-8-3-1	7-2-0-1	L1
d-Detroit	56	34	16	4	2	187	163	74	17-8-3-1	17-8-1-1	6-4-0-0	W2
d-Phoenix	58	30	19	6	3	165	162	69	14-10-3-2	16-9-3-1	6-4-0-0	W5
Dallas	56	31	19	2	4	159	158	68	17-8-2-3	14-11-0-1	3-6-1-0	L1
Anaheim	57	32	21	2	2	159	157	68	17-8-0-1	15-13-2-1	8-2-0-0	W4
Nashville	56	30	19	4	3	150	133	67	13-5-3-3	17-14-1-0	5-4-0-1	W2
San Jose	57	30	21	4	2	158	151	66	13-10-2-1	17-11-2-1	7-2-0-1	L2
Calgary	59	29	22	3	5	177	173	66	16-9-1-2	13-13-2-3	7-1-1-1	W1
Minnesota	55	30	20	1	4	146	145	65	14-11-0-2	16-9-1-2	8-2-0-0	W3
Los Angeles	56	31	22	2	1	156	132	65	17-9-1-0	14-13-1-1	7-1-1-1	W2
Chicago	56	28	22	2	4	177	158	62	16-13-0-0	12-9-3-3	4-4-1-1	L2
Columbus	56	28	23	3	2	152	168	61	14-13-0-1	14-10-3-1	7-3-0-0	W2
St. Louis	55	25	21	4	5	148	164	59	17-8-1-3	8-13-3-2	3-4-2-1	W1
Colorado	57	25	26	6	0	171	195	56	14-14-3-0	11-12-3-0	1-9-0-0	L8
Edmonton	56	16	32	1	7	137	193	40	7-17-1-3	9-15-1-3	2-7-0-1	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Calgary 9 Colorado 1
St. Louis 3 Vancouver 2
Phoenix 3 Washington 2
Sunday's results
Carolina 3 Atlanta 2
Columbus 2 Dallas 1
Detroit 4 Boston 2
Florida 3 San Jose 2
Los Angeles 1 Philadelphia 0
N.Y. Islanders 7 Buffalo 6 (OT)
N.Y. Rangers 5 Pittsburgh 3
Anaheim 4 Edmonton 0
Tonight's games
Toronto at Boston, 7 p.m.
Buffalo at Montreal, 7:30 p.m.
N.Y. Islanders at Ottawa, 7:30 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.
San Jose at Nashville, 8 p.m.
Vancouver at Minnesota, 8 p.m.
Dallas at Edmonton, 9 p.m.

BLUES 3, CANUCKS 2

First Period
1. St. Louis, McDonald 10 (Nikitin, Pietrangelo) 5:10 (pp)
2. Vancouver, H.Sedin 13 (Salo, Burrows) 10:15
3. St. Louis, Steen 16, 12:17
Penalty — Ehrhoff Vcr (hooking) 5:01.
Second Period
4. St. Louis, Berglund 15 (Pietrangelo, McDonald) 17:29 (pp)
Penalties — Burrows Vcr (interference) 0:29, Bieksa Vcr (slashing) 6:17, Backes StL (roughing) 11:12, Bieksa Vcr (delay of game) 16:09, Rome Vcr (holding) 18:44.
Third Period
5. Vancouver, Hansen 7 (Torres, Ehrhoff) 1:47
Penalties — None.
Shots

Vancouver	6	8	11—25
St. Louis	11	14	9—34

Goal — Vancouver: Luongo (L,27-9-7); St. Louis: Halak (W,19-17-6). **Power plays (goals-chances)** — Vancouver: 0-1; St. Louis: 2-5.
Referees — Tim Peel, Mike Leggo.
Linesmen — Ryan Galloway, Darren Gibbs.
Att. — 19,150 (19,150) at St. Louis, Mo.

FLAMES 9, AVALANCHE 1

First Period
1. Calgary, Moss 13 (Regehr, Jokinen) 0:18
2. Calgary, Babchuk 8 (Bouwmeester, Jokinen) 5:57 (pp)
3. Calgary, Iginla 24 (Bourque, Morrison) 11:14
4. Calgary, Glencross 18 (Jokinen, Moss) 12:41
5. Calgary, Jokinen 12 (Glencross, Moss) 17:01
Penalties — McLeod Col (tripping) 0:56, Colorado bench (too many men; served by Stewart) 5:50, Dupuis Col (kneeing major, game misconduct) 20:00.
Second Period
6. Colorado, Winnik 8 (Porter, Hunwick) 11:09 (pp)
Penalty — Giordano Cal (delay of game) 9:12.
Third Period
7. Calgary, Tanguay 15 (Regehr, Morrison) 0:40
8. Calgary, Glencross 19 (Kostopoulos, Moss) 2:57
9. Calgary, Iginla 25 (Backlund, Staios) 9:16
10. Calgary, Stajan 5 (Bourque) 18:55 (sh)
Penalties — Sarich Cal (tripping) 6:46, Wilson Col (cross-checking) 11:16, Moss Cal (slashing) 18:08.
Shots

Calgary	13	7	13—33
Colorado	7	9	7—23

Goal (shots-saves) — Calgary: Kiprusoff (W,25-19-4)(18-17), Karlsson (13:24 third)(5-5); Colorado: Budaj (L,12-11-3)(18-13), Anderson (5:57 first)(15-11),. **Power plays (goals-chances)** — Calgary: 1-4; Colorado: 1-3.
Referees — Francis Charron, Kevin Pollock.
Linesmen — David Brisebois, Brian Murphy.
Att. — 14,035 (18,007) at Denver.

SUNDAY

DUCKS 4, OILERS 0

First Period
1. Anaheim, Selanne 17 (Blake, Lilja) 0:34
Penalties — Perry Ana (tripping) 2:43, Petry Edm (holding) 11:56, Lilja Ana (boarding) 18:42.
Second Period
2. Anaheim, McMillan 8 (Sexton, Lapierre) 15:24
3. Anaheim, Ryan 26 (Perry, Getzlaf) 16:38
Penalties Parros Ana, MacIntyre Edm (fighting) 7:40.
Third Period
4. Anaheim, Ryan 27 (Perry, Getzlaf) 1:31
Penalties — Beauchemin Ana (interference), MacIntyre Edm (roughing) 2:53, Sutton Ana, Peckham Edm (fighting) 5:53, Sbisa Ana, Smid Edm (fighting) 6:24, Hemsky Edm (holding) 9:33, Hemsky Edm (boarding) 11:43, Omark Edm (holding) 13:56.
Shots

Anaheim	7	7	8—22
Edmonton	5	4	3—12

Goal (shots-saves) — Anaheim: Hiller (W,26-16-3); Edmonton: Dubnyk (L,6-7-6)(15-11), Khabibulin (1:31 third)(7-7). **Power plays (goals-chances)** — Anaheim: 0-4; Edmonton: 0-3.
Referees — Stephane Auger, Bill McCreary.
Linesmen — Derek Nansen, Vaughan Rody.
Att. — 16,839 (16,839) at Edmonton.

SCORING LEADERS

	G	A	PT
Stamkos, TB	40	34	74
D.Sedin, Vcr	29	44	73
H.Sedin, Vcr	13	55	68
Crosby, Pgh	32	34	66
St. Louis, TB	20	46	66
B.Richards, Dal	24	39	63
Perry, Ana	28	33	61
Zetterberg, Det	17	44	61
E.Staal, Car	27	29	56
Iginla, Cal	25	31	56
Ovechkin, Wash	21	35	56
Kesler, Vcr	32	22	54
Eriksson, Dal	18	35	53
Kopitar, LA	17	36	53
Selanne, Ana	17	36	53
Giroux, Pha	19	32	51
Toews, Chi	19	31	50
Backstrom, Wash	14	36	50
Sharp, Chi	28	21	49
J.Carter, Pha	26	23	49
Nash, Clb	26	23	49
M.Richards, Pha	17	32	49
Vanek, Buf	22	26	48
Havlat, Minn	16	32	48
Duchene, Col	21	26	47
Tavares, NYI	21	26	47
Heatley, SJ	19	28	47
M.Koivu, Minn	14	33	47
Ribeiro, Dal	10	37	47
Yandle, Phx	9	38	47
Briere, Pha	27	19	46
P.Kane, Chi	18	28	46
J.Thornton, SJ	14	32	46
Ryan, Ana	27	18	45
Skinner, Car	21	24	45
P.Bergeron, Bos	19	26	45
Plekanec, Mtl	19	26	45
Hejduk, Col	17	28	45
J.Williams, LA	19	25	44
MacArthur, Tor	17	27	44
P.Stastny, Col	17	27	44
Clowe, SJ	14	30	44
Datsyuk, Det	14	30	44
Lidstrom, Det	11	33	44
Ra.Whitney, Phx	11	33	44
Letang, Pgh	8	36	44
Visnovsky, Ana	8	36	44
Franzen, Det	26	17	43
Byfuglien, Atl	17	26	43
Tanguay, Cal	15	28	43
T.Ruutu, Car	13	30	43
Grabovski, Tor	22	20	42
Dubinsky, NYR	19	23	42

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	7	5	2	.714	78	67	—
Buffalo	6	4	2	.667	69	57	½
Rochester	6	4	2	.667	61	64	½
Boston	8	5	3	.625	85	70	½
Philadelphia	7	3	4	.429	59	72	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	7	4	3	.571	79	78	—
Minnesota	6	3	3	.500	68	64	½
Washington	8	3	5	.375	95	101	1½
Edmonton	7	2	5	.286	73	85	2
Colorado	6	1	5	.167	53	62	2½

WEEK SEVEN
Friday's games
Rochester at Toronto, 7:30 p.m.
Colorado at Washington, 11 p.m.
Saturday's games
Philadelphia at Buffalo, 7:30 p.m.
Toronto at Rochester, 7:35 p.m.
Boston at Minnesota, 8:30 p.m.
Sunday, Feb. 20
Calgary at Edmonton, 4 p.m.
Minnesota at Colorado, 8 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Man United	26	16	9	1	57	25	57
Arsenal	26	16	5	5	56	27	53
Man City	27	14	7	6	43	24	49
Tottenham	26	13	8	5	37	28	47
Chelsea	26	13	6	7	46	22	45
Liverpool	27	11	6	10	35	32	39
Sunderland	27	9	10	8	33	33	37
Bolton	27	9	9	9	38	37	36
Stoke	26	10	3	13	31	33	33
Newcastle	26	8	8	10	40	38	32
Blackburn	27	9	5	13	34	42	32
Fulham	27	6	13	8	28	28	31
Everton	26	6	12	8	33	36	30
Birmingham	25	6	12	7	25	33	30
Aston Villa	27	7	9	11	31	46	30
Blackpool	26	8	5	13	39	50	29
West Brom	26	7	6	13	34	51	27
Wigan	27	5	12	10	27	45	27
West Ham	27	5	10	12	30	48	25
Wolverhampton	26	7	3	16	26	45	24

Yesterday's result
Fulham 0 Chelsea 0

SPAIN

LA LIGA

Yesterday's result
Mallorca 1 Athletic Bilbao 0

TRANSACTIONS

MLB

AMERICAN LEAGUE

NEW YORK YANKEES—Designated RHP Brian Schlitter for assignment. Agreed to terms with OF Andruw Jones to a one-year contract.
TORONTO BLUE JAYS—Voided the contract of RHP Brian Stokes.

NATIONAL LEAGUE

CHICAGO CUBS—Agreed to terms with RHP Carlos Marmol on a three-year contract.
NEW YORK METS—Named Brian Chickio minor league training coordinator, Joe Golia athletic trainer for Buffalo (IL) and Matt Hunter athletic trainer for Binghamton (EL).

NBA

NEW ORLEANS HORNETS—Released G-F Sasha Pavlovic.
SACRAMENTO KINGS—Fined F-C DeMarcus Cousins for fighting with a teammate after a Feb. 12 game against Oklahoma City.

NFL

ATLANTA FALCONS—Named Bob Bratkowski quarterbacks coach.
BALTIMORE RAVENS—Signed coach John Harbaugh to a three-year extension through 2014.
CLEVELAND BROWNS—Named Chris Beake offensive coach, Chuck Bullough defensive coach, Shawn Mennenga special teams coach, Ray Rhodes senior assistant-defense coach, Keith Gilbertson senior assistant-offense coach. Announced running backs coach Gary Brown, tight ends coach Steve Hagen, defensive backs coach Jerome Henderson, strength and conditioning coach Kent Johnston, assistabt strength and conditioning coach Rick Lyle, assistant to the head coach Luke Steckel and offensive line coach George Warhop will be retained from last year's staff.
NEW YORK JETS—Named Bill Hughan strength and conditioning coach.
OAKLAND RAIDERS—Named Rod Woodson cornerbacks coach.

NHL

ATLANTA THRASHERS—Assigned D Arturs Kulda to Chicago (AHL).
CAROLINA HURRICANES—Reassigned F Zac Dalpe to Charlotte (AHL).
COLORADO AVALANCHE—Announced the retirement of F Peter Forsberg.
OTTAWA SENATORS—Recalled G Robin Lehner and F Bobby Butler from Binghamton (AHL).
TORONTO MAPLE LEAFS—Traded F Kris Versteeg to Philadelphia for 2011 first- and third-round draft picks.

TENNIS

ATP OPEN 13

At MARSEILLE, France
Singles
First Round
Sergiy Stakhovsky, Ukraine, def. Illya Marchenko, Ukraine, 6-4, 6-3.
Dmitry Tursunov, Russia, def. Grigor Dimitrov, Bulgaria, 6-7 (6), 7-5, 7-6 (4).
Doubles
First Round
Marin Cilic and Lovro Zovko, Croatia, def. Frank Moser, Germany, and David Skoch, Czech Republic, 3-6, 6-3, 10-5 tiebreak.

WTA DUBAI DUTY FREE CHAMPIONSHIPS

Singles
First Round
Marion Bartoli (10), France, def. Kimiko Date-Krumm, Japan, 7-6 (8), 6-4.
Alisa Kleybanova (15), Russia, def. Anastasia Pavlyuchenkova, Russia, 4-6, 6-4, 6-0.
Svetlana Kuznetsova (16), Russia, def. Nuria Llagostera Vives, Spain, 6-4, 6-2.
Chanelle Scheepers, South Africa, def. Maria Kirilenko, Russia, 6-2, 6-2.
Zhang Shuai, China, def. Yaroslava Shvedova, Kazakhstan, 6-3, 6-4.
Timea Bacsinszky, Switzerland, def. Iveta Benesova, Czech Republic, 6-3, 3-6, 6-1.
Alexandra Dulgheru, Romania, def. Elena Baltacha, Britain, 7-6 (3), 6-4.
Anastasija Sevastova, Latvia, def. Anastasia Rodionova, Australia, 6-1, 5-7, 6-3.
Doubles
First Round
Lisa Raymond, U.S., and Sam Stosur (7), Australia, def. Natalie Grandin, South Africa, and Vladimira Uhlirova, Czech Republic, 6-4, 6-3.
Monica Niculescu, Romania, and Shahar Peer, Israel, def. Raquel Kops-Jones and Abigail Spears, U.S., 6-1, 6-4.
Vitalia Diatchenko, Russia, and Tatiana Poutchek, Belarus, def. Akgul Amanmuradova, Uzbekistan, and Darya Kustova, Belarus, 7-5, 7-6 (1).
Jarmila Groth, Australia, and Klara Zakopalova, Czech Republic, def. Kristina Barrois and Tatjana Malek, Germany, 6-4, 6-7 (3), 10-5 (tiebreak).

WTA COPA BBVA COLSANITAS

At BOGOTA, Colombia
Singles
First Round
Mathilde Johansson, France, def. Simona Halep (3), Romania, 7-6 (5), 7-5.
Catalina Castano, Colombia, def. Anabel Medina Garrigues (8), Spain, 7-6 (5), 2-6, 7-6 (5).
Patricia Mayr-Achleitner, Germany, def. Mariya Koryttseva, Ukraine, 6-2, 7-6 (4).

ATP RMK CHAMPIONSHIPS & THE WTA CELLULAR SOUTH CUP

At MEMPHIS, Tenn.
Men
Singles
First Round
Robert Kendrick, U.S., def. Kevin Anderson (8), South Africa, 5-7, 6-3, 7-6 (4).
Women
Singles
First Round
Michaella Krajicek, Netherlands, def. Barbora Zahlavova Strycova (1), Czech Republic, 6-1, 6-3.
Alexandra Stevenson, U.S., def. Sofia Arvidsson (2), Sweden, 6-3, 6-1.
Stephanie Foretz Gacon, France, def. Olga Govortsova (5), Belarus, 6-3, 4-6, 6-4.
Rebecca Marino (6), Vancouver, def. Jamie Hampton, U.S., 6-4, 6-1.
Anne Keothavong, Britain, def. Aleksandra Wozniak, Blainville, Que., 6-2, 6-2.
Evgeniya Rodina, Russia, def. Ajla Tomljanovic, Croatia, 1-6, 6-0, 7-6 (5).
Lucie Hradecka, Czech Republic, def. Julie Ditty, U.S., 6-1, 6-3.
Ksenia Pervak, Russia, def. Anna Tatishvili, Georgia, 6-3, 6-4.
Sorana Cirstea, Romania, def. Catherine Harrison, U.S., 6-2, 6-2.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	39	14	.736	—
d-Miami	39	15	.722	½
d-Chicago	36	16	.692	2½
Atlanta	34	20	.630	5½
Orlando	35	21	.625	5½
New York	27	26	.509	12
Philadelphia	26	28	.481	13½
Indiana	24	28	.462	14½
Charlotte	24	31	.436	16
Milwaukee	21	33	.389	18½
Detroit	20	36	.357	20½
New Jersey	17	39	.304	23½
Washington	15	38	.283	24
Toronto	15	40	.273	25
Cleveland	9	46	.164	31

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	46	9	.836	—
Dallas	38	16	.704	7½
d-L.A. Lakers	38	18	.679	8½
d-Oklahoma City	34	19	.642	11
New Orleans	33	23	.589	13½
Portland	31	24	.564	15
Utah	31	24	.564	15
Denver	31	25	.554	15½
Memphis	30	26	.536	16½
Phoenix	26	26	.500	18½
Houston	26	30	.464	20½
Golden State	24	29	.453	21
L.A. Clippers	20	35	.364	26
Sacramento	13	38	.255	31
Minnesota	13	42	.236	33

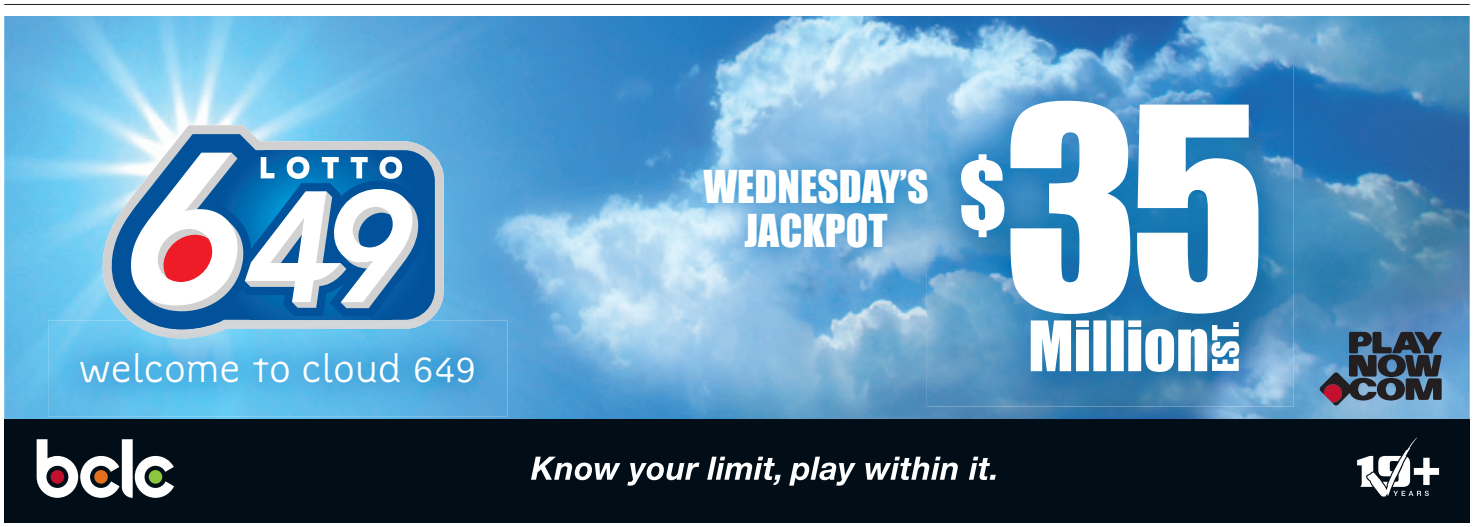
d – division leader
Last night's results
Charlotte 109 L.A. Lakers 89
San Antonio 102 New Jersey 85
Atlanta 94 Detroit 79
Milwaukee 102 L.A. Clippers 78
Portland 95 Minnesota 81
Houston 121 Denver 102
Sunday's results
Boston 85 Miami 82
Orlando 89 L.A. Lakers 75
Memphis 116 Denver 108
Washington 115 Cleveland 100
Portland 105 Detroit 100
Toronto 98 L.A. Clippers 93
Golden State 100 Oklahoma City 94
Sacramento 113 Phoenix 108
Tuesday's Games
Miami at Indiana, 7 p.m.
Charlotte at Chicago, 8 p.m.
Philadelphia at Memphis, 8 p.m.
Sacramento at Oklahoma City, 8 p.m.
Utah at Phoenix, 9 p.m.
New Orleans at Golden State, 10:30 p.m.
Tomorrow's games
Washington at Orlando, 7 p.m.
Miami at Toronto, 7 p.m.
New Jersey at Boston, 7:30 p.m.
L.A. Lakers at Cleveland, 7:30 p.m.
Indiana at Detroit, 7:30 p.m.
Atlanta at New York, 7:30 p.m.
L.A. Clippers at Minnesota, 8 p.m.
Sacramento at Dallas, 8:30 p.m.
Philadelphia at Houston, 8:30 p.m.
Golden State at Utah, 9 p.m.
Denver at Milwaukee, 9 p.m.
New Orleans at Portland, 10 p.m.

SUNDAY
RAPTORS 98, CLIPPERS 93

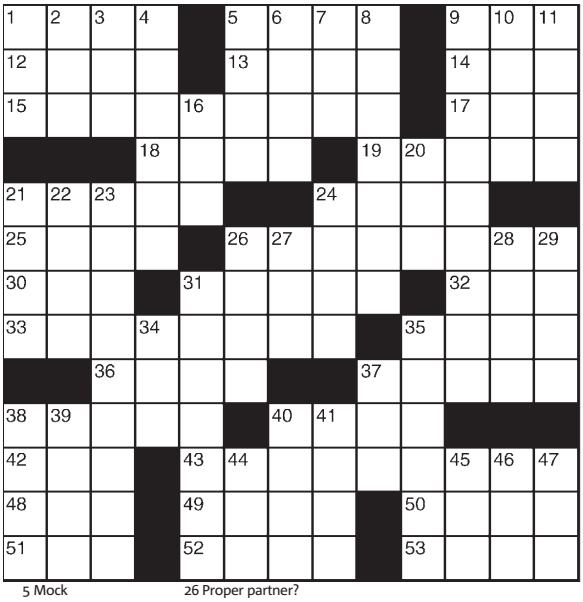
L.A. CLIPPERS (93)
Gomes 5-8 2-2 14, Griffin 7-13 7-10 21, Jordan 2-2 2-6 6, B.Davis 7-16 6-6 20, Foye 2-14 1-1 5, Bledsoe 2-9 3-5 7, Aminu 1-4 1-2 3, Cook 6-11 2-2 17, Diogu 0-0 0-0 0. Totals 32-77 24-34 93.
TORONTO (98)
Weems 3-7 4-5 10, A.Johnson 3-5 0-0 6, Bargnani 9-21 8-9 27, Calderon 3-8 4-6 10, DeRozan 7-18 3-5 17, E.Davis 6-8 1-1 13, Barbosa 3-9 4-4 11, Dorsey 0-1 0-0 0, Bayless 0-2 0-0 0, T.Johnson 1-3 2-2 4. Totals 35-82 26-32 98.

L.A. Clippers	24	24	23	22	—93
Toronto	24	24	30	20	—98

3-Point Goals—L.A. Clippers 5-14 (Cook 3-5, Gomes 2-3, Bledsoe 0-1, B.Davis 0-2, Foye 0-3), Toronto 2-13 (Bargnani 1-3, Barbosa 1-5, DeRozan 0-1, Calderon 0-2, Bayless 0-2). Fouled Out—None. Rebounds—L.A. Clippers 54 (Griffin 15), Toronto 54 (E.Davis 14). Assists—L.A. Clippers 15 (B.Davis 7), Toronto 16 (Calderon 11). Total Fouls—L.A. Clippers 23, Toronto 27. Technicals—B.Davis, L.A. Clippers Bench, Toronto defensive three second 2.
A—19,800 (19,800) at Toronto.



Crossword



Across

1 Hydrox competitor
5 Scoff
9 Police officer
12 Labor
13 Wheelbase terminus
14 Regret
15 Tablets of ruled yellow paper
17 Venomous viper
18 Verse
19 Society layer
21 Fess up
24 Quite
25 Sticky substances
26 Collar style
30 Ostrich's cousin
31 Wide
32 Fuss
33 Wanting
35 Probability
36 Periodic table entry (Abbr.)
37 Tending to nitpick
38 See 11-Down
40 Help a crook
42 Chicken — king
43 Some skateboarders' protection
48 Scoundrel
49 Marsh plant
50 Loosen
51 Type measures
52 Faction
53 Body artwork, for short

Down

1 Hooter
2 Shad product
3 Work unit
4 They look like short-necked giraffes
5 Mock
6 Reason to cram
7 Time gone by, once
8 Saved
9 Places to stay temporarily
10 Eject
11 With 38-Across, cartoon skunk
16 Parcel of land
20 Spanning (Abbr.)
21 On in years
22 Cupola
23 Computer accessories
24 Male deer
26 Proper partner?
27 A billion years
28 Throws in
29 Inquisitive
31 Milwaukee team
34 — -de-France
35 Product
37 Not many
38 Chantilly, e.g.
39 Verve
40 Not up and about
41 Presage
44 Hawaiian neckwear
45 Literary collection
46 Banned insecticide
47 "Help!"

▶ Yesterday's answer

Sudoku

			9	4				1
7		3		5		2		
					3			8
	5	1	4	2		9		
		7				1		
		8		1	5	7	3	
5			3					
		2		6		4		3
9				8	4			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	7	8	5	1	4	2	3	9
1	2	9	3	8	6	7	4	5
4	5	3	2	9	7	1	8	6
2	3	6	4	5	9	8	1	7
5	1	4	7	6	8	3	9	2
9	8	7	1	3	2	5	6	4
8	4	2	9	7	1	6	5	3
3	9	1	6	2	5	4	7	8
7	6	5	8	4	3	9	2	1

Send a KISS

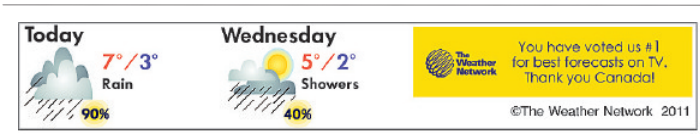
Show some love! Send a note to somebody special at kiss@metronews.ca

K-swizzle, You are the most random, spontaneous person we have ever met, and we would never change any part of you. Happy Cornflakes Day!
LOVE, B-SWIZZLE AND C-SWIZZLE

My Beloved I LOVE U! ... You put a smile on my face. I LOVE U! because of ur sweetness, ur kindness and ur thoughtfulness. I LOVE U! because u appreciate me and u appreciate my effects to romance u. I thank u for bein U **YOUR DEAR POOOKS**

Devin.... Roses are red, Violets are blue And no one misses you As much as I do
YOUR TOOTHFAIRY

Marcucio, I love you SO MUCH and I promise to love you with everything I have now and always! You are the bounce to my step and the music to my ears. Most importantly you are my best friend. **LOVE, MELSTAR**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Steer clear of fights and feuds today because you have nothing to gain by going head-to-head with people whose views you think are stupid.

♉ Taurus April 21-May 21 Put some distance between yourself and people you can tell are trying to rub you up the wrong way. Also, let employers and other important people know that if they want your support, it has to be earned.

♊ Gemini May 22-June 21
There is still plenty of time to make your mark on the world but you have got to get serious about it. What you do, or don't do, over the next few days will determine whether you're a winner or a wannabe.

♋ Cancer June 22-July 22 Your sixth sense tells you there are changes coming that can improve your lot financially and emotionally. Don't listen to what others say you should do. Act on your own beliefs.

♌ Leo July 23-Aug.23 Somewhere along the way, you seem to have forgotten that life is supposed to be an adventure. Your first priority is to put some fun back into your daily doings. Work hard, play hard and always keep smiling.

♍ Virgo Aug. 24- Sept. 22 The Sun's move into your opposite sign of Pisces next weekend marks the halfway point of your solar year. Start thinking about what you can learn from the past six months.

♎ Libra Sept. 23-Oct. 23 The past few weeks have been hectic but there's still a lot to be done before the Sun changes signs on the 19th. There is no limit to what you can accomplish, so don't just sit there.

♏ Scorpio Oct. 24-Nov. 22 You have wasted enough time on senseless disputes. Promise yourself that from today you will focus on more important matters. Look forward to what you are going to accomplish.

♐ Sagittarius Nov. 23-Dec. 21 You are too stubborn to admit that your present course is taking you in the wrong direction. There are times when your huge self-belief can be a blessing, but this isn't one of them. Change.

♑ Capricorn Dec. 22-Jan. 20
Make sure everyone knows you are not the sort of person who can be intimidated or bribed. There is a stubborn side to the Capricorn nature and it will be evident today.

♒ Aquarius Jan. 21-Feb. 18
Make the most of the Sun's last few days in your birth sign. Take advantage of each opportunity that comes your way. Any day can be a new beginning but today, and tomorrow, most things will come easily.

♓ Pisces Feb. 19-March 20 The last few weeks have been anything but easy and there are no doubt more challenges to come, but already you can sense that your luck is beginning to turn. SALLY BROMPTON

Caption contest

MUHAMMED MUHEISEN/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JEFF CHRISTENSEN/ THE ASSOCIATED PRESS

FLIGHT CENTRE Unbeatable
Tofino Pacific Rim Whale Festival
3 Nights
from $254
taxes & fees included
INCLUDES Clayoquot Sound accom during the 23nd annual Festival.
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Package price is per person, based on double occupancy for total length of stay. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

STOP HAIR LOSS
Spectral DNC - the world's most effective hair loss treatment.
Uses active ingredients to treat androgenic alopecia and other types of hair loss. Clinically proven to regrow hair.
Suitable for men and women.
604.688.4555
433 davie street
shopmasc.com
masc

find us follow us like us
We're all over your city in more ways than one. Metro brings you breaking news and great reviews.
metro

AIR CANADA VACATIONS

Deals of the week

Use your mobile application

CARIBBEAN & MEXICO | AIR, HOTEL & TRANSFERS • 1 WEEK

CUBA | Varadero
Allegro Varadero
All-Inclusive • Superior rm. • Feb. 25 - Mar. 11
$879 Add taxes & other fees: $149

CUBA | Varadero
Meliá Varadero PRIVILEGES
All-Inclusive • Standard rm. • Feb. 25 - Mar. 11
$1149 Add taxes & other fees: $149

DOMINICAN REPUBLIC | Punta Cana via Calgary
Occidental Grand Punta Cana
All-Inclusive • Junior suite • Mar. 1 - 29
$1199 Add taxes & other fees: $170

DOMINICAN REPUBLIC | Punta Cana via Calgary
Gran Bahia Principe Punta Cana PRIVILEGES
All-Inclusive • Junior suite • Mar. 1 - 29
$1399 Add taxes & other fees: $170

JAMAICA
Sunset Jamaica Grande Resort & Spa PRIVILEGES
All-Inclusive • Traditional standard rm. • Mar. 4
$1269 Add taxes & other fees: $92

JAMAICA
Gran Bahia Principe Jamaica PRIVILEGES
All-Inclusive • Junior suite • Mar. 4
$1479 Add taxes & other fees: $92

JAMAICA
Hilton Rose Hall Resort & Spa
All-Inclusive • Resort view rm. • Mar. 4, 11 & 18
$1849 Add taxes & other fees: $92

MEXICO | Los Cabos
Royal Solaris Los Cabos Resort All Inclusive & Spa
All-Inclusive • Deluxe rm. • Mar. 6
$999 Add taxes & other fees: $250

MEXICO | Ixtapa/Zihuatanejo
Barceló Ixtapa Beach Resort PRIVILEGES
All-Inclusive • Superior rm. • Mar. 5
$1029 Add taxes & other fees: $248

MEXICO | Puerto Vallarta/Riviera Nayarit
Golden Crown Paradise
All-Inclusive • Standard oceanview rm. • Mar. 5, 12 & 26
$1049 Add taxes & other fees: $138

MEXICO | Puerto Vallarta/Riviera Nayarit
Barceló Puerto Vallarta
All-Inclusive • Junior suite deluxe • Feb. 26
$1099 Add taxes & other fees: $138

MEXICO | Cancun/Riviera Maya via Calgary
Gran Bahia Principe Tulum
All-Inclusive • Standard rm. • May 7
$1279 Add taxes & other fees: $240

NASSAU | Bahamas via Toronto
Breezes Bahamas
Super-Inclusive® • Deluxe garden view rm. • Apr. 11
$1469 Add taxes & other fees: $136

ANTIGUA via Toronto
Jolly Beach Resort & Spa
All-Inclusive • Standard oceanview rm. • Mar. 27 & Apr. 3
$1469 Add taxes & other fees: $197

EXCELLENCE GROUP LUXURY RESORTS
AIR, HOTEL & TRANSFERS • ALL-INCLUSIVE • 1 WEEK

DOMINICAN REPUBLIC | Punta Cana via Calgary
Excellence Punta Cana PRIVILEGES
Junior suite garden view • Mar. 22 - 29 • ADULTS ONLY
$2099 Add taxes & other fees: $170

MEXICO | Cancun/Riviera Maya
Excellence Playa Mujeres PRIVILEGES
Junior suite spa or pool view • Mar. 5 • ADULTS ONLY
$2399 Add taxes & other fees: $240

Excellence Playa Mujeres

USA | AIR & HOTEL

NEVADA | Las Vegas
Excalibur Hotel & Casino
Hotel rm. • Apr. 24 • 3 nts.
$329 Add taxes & other fees: $106

HAWAII | Maui
Aston Maui Lu
Standard garden view rm. EZ deal • Apr. 4 • 1 wk.
$839 Add taxes & other fees: $109

EUROPE | AIR & HOTEL • 4 NIGHTS

FRANCE | Paris via Toronto
Hotel Magenta Paris
Breakfast • Standard rm. • May 4 & 5
RECEIVE COMPLIMENTARY TRANSFERS AND ACCESS TO MAPLE LEAF™ LOUNGE WITH PACKAGES TO PARIS[1]
$1019 Add taxes & other fees: $421

IRELAND | Dublin via Toronto
Maldron Hotel Tallaght
Double standard rm. • July 7, 14 & 21
$1259 Add taxes & other fees: $352

EUROPE CRUISES | AIR & CRUISE

Book Celebrity Cruises[2] in Europe by Feb. 28 and
SAVE $150 per person
Valid for departures between Feb. 28 & Dec. 31, 2011.

EXCELLENCE GROUP Luxury Resorts

PRIVILEGES
Complimentary seat selection and exclusive features

aeroplan Rewarding Life
Earn up to 9,450 Aeroplan® Miles per member[†]

Find us on facebook
Follow us on twitter AirCanadaVac

CONNECT FREE[3] • Cranbrook • Castlegar • Kamloops • Kelowna • Nanaimo • Penticton • Prince George • Quesnel • Victoria

Fly in style – Upgrade to Executive Class® service or Comfort Plus seating on select flights

aircanadavacations.com

Call 1 866 529-2079 or your travel agent

All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Prices are in Canadian dollars, are valid for bookings made on Feb. 15, 2011, apply to new bookings only and for departure dates as indicated. Prices are per person based on double occupancy, unless otherwise stated, from Vancouver International Airport in Economy class. Non-refundable. Limited quantity and subject to availability at time of booking. Not applicable to group bookings. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. BC registration #32229. †Aeroplan Miles vary based on points of departure and destination. For details, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Book by June 30, 2011. Valid for travel from Apr. 1, 2011 and completed by Dec. 31, 2011. [2]Celebrity Cruises Inc. ships' registry: Malta and Ecuador. [3]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. ■ ®Super-Inclusive is a registered trademark of SuperClubs. ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

Discover career opportunities at VCC

It's a good feeling to land a great job. Talk to us about your career options at one of these free information sessions:

Program	Campus
Transportation Trades	
Tuesday, Feb. 15 & 22, 11 a.m. – lobby, building B	Broadway
Tuesday, Mar. 1, 11 a.m. – lobby, building B	Broadway
Career Planning and Job Search Courses	
Tuesday, Feb. 15 & 22, noon – room 236	Downtown
TESOL Programs	
Tuesday, Feb. 15 & 22, noon – room 526	Downtown
Addiction Counselling Skills & Community Counselling Skills	
Thursday, Feb. 17, 7 p.m. – room 420	Downtown
Culinary Arts and Asian Culinary Arts	
Friday, Feb. 18 & 25, 9:30 a.m. – room 305 B	Downtown
Medical Transcriptionist	
Wednesday, Feb. 23, 5 p.m. – room 2213	Broadway
English as a Second Language	
Wednesday, Mar. 2, 10 a.m. – room 5025	Broadway
Practical Nursing and Access to Practical Nursing	
Wednesday, Mar. 2, 5 p.m. – room 1227	Broadway

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 E. Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **www.vcc.ca** or call **604.443.8453**.

vcc.ca

Vancouver Community College